

Oishii Mono

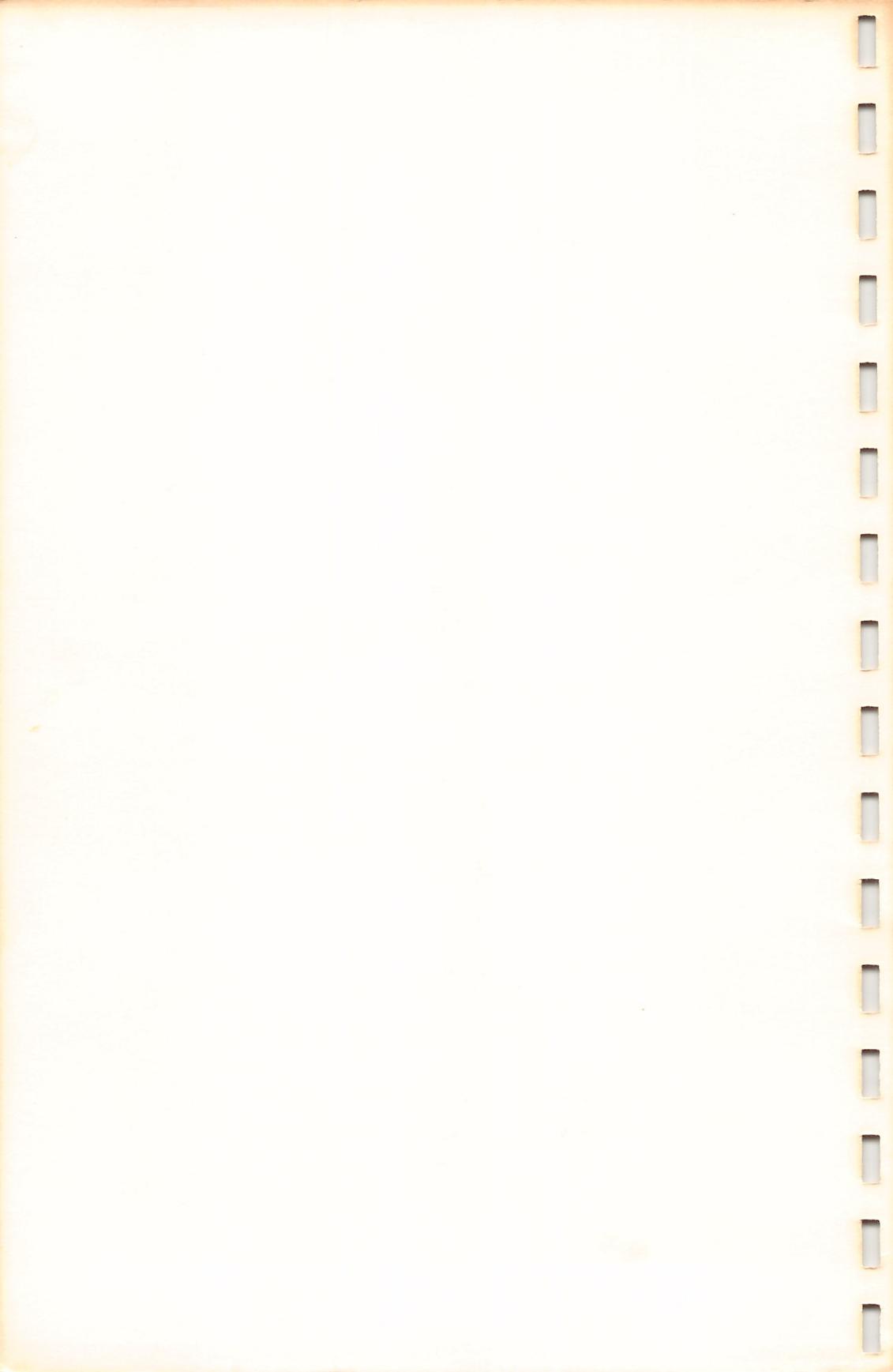
美味しい もの



Published by:

Paia Mantokuji Soto Mission

Paia, Maui, Hawaii





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Paia Mantokuji Soto Mission
Paia, Maui, Hawaii
1992

Acknowledgements

A sincere thank you to the many individuals who have shared their favorite recipes for *Oishii Mono* and to the cookbook committee members who have compiled the recipes for publication.

We wish to thank each of you for purchasing *Oishii Mono*. May it bring you hours of cooking and eating pleasure.

Dedication

Oishii Mono is dedicated to the women of the Paia Mantokuji Mission. Their contributions of time and effort are never ending.

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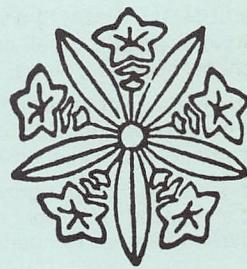
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FAVORITE RECIPES FROM MY COOKBOOK

Mantokuji Specialties



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

MANTOKUJI SPECIALTIES

SEKI-HAN (Azuki Rice)

5 c. mochi rice

1/2 c. azuki beans

The day before, wash rice till water is clear (about 10 times). Soak overnight with at least 10 cups of water. Cook azuki with just enough water to cover beans. Bring to a rolling boil and drain. Again add water to cover beans and cook. When water boils, lower to medium heat and add 1/2 cup water. Repeat this until about 2 additional cups of water have been added. Cook until beans are tender enough to eat. Drain beans, setting aside the liquid.

Drain half the water from the soaked rice and add two-thirds of the azuki water. Mix thoroughly 3 or 4 times. Set aside for 1 to 1 1/2 hours. Drain the rice, which should be pink in color; add the azuki and mix thoroughly. Cook in steamer (double boiler) till rice is of desired consistency, then dilute the remaining azuki water with 1 cup of water. Sprinkle this water evenly over steaming rice and allow to steam for about 10 to 15 minutes more (total steaming time: 1 hour). Sprinkle with toasted goma and salt when serving.

SU FOR SUSHI RICE

Su:

1 c. vinegar

1/2 inch ginger, finely chopped

1 1/3 c. white sugar

Dash of MSG (optional)

1 Tbsp. salt

Mix su ingredients and let stand. After transferring hot 5 cups cooked rice to a large bowl, sprinkle lightly with salt. Pour su over rice and mix thoroughly. Recipe is enough to make 8 maki sushi.

CHOW FUN

2 pkg. chow fun noodles

3 to 4 stalks green onions,

1/2 lb. ground pork

cut in 1 inch lengths

1/2 to 1 lb. bean sprouts

Salt and pepper to taste

1 carrot, cut into fine strips

MSG (optional)

Boil noodles. *Do not overcook.* Dry noodles. Mix noodles with vegetable oil and season with salt and pepper. Heat pan or wok with a little oil. Stir-fry noodles and add bean sprouts. Brown ground pork; add green onions and carrots. Stir-fry for about a minute. Season with

salt and pepper. Drain liquid and add cooked noodles and MSG (optional); mix well.

NISHIME

**3 strips nishime konbu
8 dried mushrooms, soaked,
washed, and cut into 1
inch pieces
2 konnyaku, sliced
3 to 4 aburage, cut into 1
inch pieces
1 c. bamboo shoots, cut in
stew pieces
2 c. araimo (Japanese taro),
cut in halves if large,
parboiled, and peeled
1½ c. carrots, cut in stew
pieces**

**2 pieces gobo, cut in ¼ inch
pieces and soaked in
water with a drop of
vinegar until used or in
rice water
2 Tbsp. vegetable oil
1½ c. water (mushroom
water - more if desired)
1 pkg. dashi no moto
½ c. shoyu
⅓ c. + 2 Tbsp. raw sugar
1½ tsp. salt
1 tsp. MSG**

Wash and soak konbu in water until soft; strip and tie knots and cut. Soak dried mushrooms in water for 10 to 15 minutes. Heat oil in pot; add gobo and stir until it changes color, then add mushroom water and boil. Add bamboo shoots, carrots, konnyaku, and mushrooms; let it come to a boil. More water can be added if needed. Add seasonings. Let it come to a boil; add aburage and lastly, araimo. Cook until araimo is done. Stir frequently; do not overcook or nishime will look messy.

KUROME

**½ c. hijiki
1 konnyaku, cut into strips
1 aburage, cut into strips
3 shiitake, soaked and cut
into strips**

**1 Tbsp. oil
2½ Tbsp. shoyu
2 Tbsp. sugar
¼ c. water
½ tsp. MSG**

Wash hijiki and drain. Put oil in pan and fry the hijiki, aburage, shiitake, and the konnyaku. Lastly, add the seasoning. Cook until the liquid is absorbed on medium heat.

SHIRA AE

$\frac{1}{4}$ c. miso	1 tsp. salt
$\frac{1}{4}$ tsp. MSG	3 Tbsp. sugar
1 or 2 konnyaku, cut in strips and dried in frying pan	3 Tbsp. toasted sesame seeds
$\frac{1}{3}$ block tofu	
Won bok, spinach or watercress, boiled, cut into $\frac{1}{4}$ inch pieces, and squeezed	

Grind sesame seed and add well-wrung tofu; keep grinding in kagatsu. Add the balance of ingredients, except konnyaku. Mix well. Add konnyaku and vegetables. Blend well and serve.

CUCUMBER NAMASCU

6 cucumbers, sliced and salted lightly	1 carrot, finely cut into strips
Sauce:	
1 piece finely chopped ginger	$\frac{1}{2}$ c. Heinz vinegar
1 c. sugar	1 Tbsp. salt
$\frac{1}{4}$ tsp. aji	

Squeeze excess water out of salted cucumbers. Combine sauce ingredients. Add cucumbers and carrots. Refrigerate.

Variation: Substitute cucumbers with daikon, finely cut into strips and lightly salted.

YATSUMI ZUKE

1 medium head cabbage	$\frac{1}{4}$ c. Hawaiian salt
3 medium mustard cabbage	1 c. water
Sauce:	
$\frac{2}{3}$ c. shoyu	3 Tbsp. sesame seed, roasted
$\frac{1}{2}$ c. rice vinegar	1 tsp. MSG
1 c. brown sugar	

Cut cabbages into $\frac{1}{2}$ inch pieces. Put into a large bowl and sprinkle salt and water. Mix well and soak for 1 to 2 hours. Drain and squeeze salted vegetables to remove excess water. In the large bowl, combine the cabbages, sesame seeds, and MSG. Boil shoyu, vinegar,

and sugar. Pour the hot sauce over the vegetables and mix well. Put in jars; cover and refrigerate.

KYURI ZUKE (Cucumber)

5 lb. cucumber	2 cloves garlic, finely chopped
1/3 c. minus 1 tsp. salt	Ginger, finely chopped
1 1/2 c. sugar	MSG
1 c. water	Chili pepper
1/2 c. white vinegar	

Peel cucumber "here and there" and slice them into $\frac{3}{8}$ to $\frac{1}{2}$ inch slices; salt them. Boil the sugar, water, and vinegar; pour the hot sauce over the cucumber. Add the rest of the ingredients.

YAKI MANJU

Crust:

2 1/2 blocks butter or margarine	Canned milk
1 egg (optional)	1 Tbsp. Crisco
1/2 c. sour milk*	3 Tbsp. white sugar
	2 1/2 c. flour, sifted

Cream shortening (butter or margarine and Crisco). Beat in sugar until fluffy. Add egg and mix well. Add sour milk and flour alternately; mix well. Form dough into tablespoon size balls. Shape into a cup and fill with a teaspoon of an (recipe following). Pinch to close. (Do not roll manju in hand.)

Place on a greased cookie sheet and flatten with a glass. Brush with canned milk. Bake at 350°F. for 15 to 20 minutes (until brown).

* For sour milk, add 1 tablespoon vinegar to enough milk to make $\frac{1}{2}$ cup.

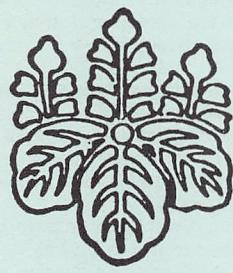
YAKI MANJU AN

2 lb. lima beans	4 1/2 c. sugar
4 tsp. salt	

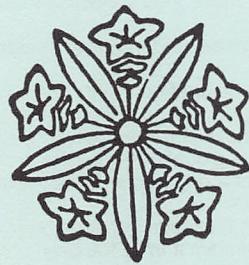
Soak beans overnight covered with water. Boil beans until soft. Divide cooked beans (and water) into 3 parts. Blend each part. Place blended beans into a cloth bag and squeeze most of the water out. (Do not make it too dry.) Place blended, squeezed beans into pot and add salt and sugar. Cook on medium heat, stirring frequently to prevent

burning. Cover to prevent mixture from splattering. Cook until an holds its shape. Do not overcook or an will become too dry. Cool.

Notes



Appetizers



MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

APPETIZERS

KAMABOKO DIP

1 red kamaboko (fish cake), grated	Parsley, chopped
8 oz. cream cheese	Garlic salt
1 small onion, minced	1 Tbsp. lemon juice
	Mayonnaise

Combine all ingredients and mix until well blended. Refrigerate until serving time. Serve with chips or vegetable sticks.

CRAB DIP

1 can cream of mushroom soup	Salt
1 c. mayonnaise	Pepper
1 (8 oz.) cream cheese	Green onions or chives, chopped
1 can crabmeat	Celery, chopped
1 pkg. gelatin	Kim chee, chopped
1/4 c. water	

Mix together soup, mayonnaise, and cream cheese. Heat to soften. Soften gelatin in water. Add to heated mixture. Stir until dissolved. Add remaining ingredients. Chill before serving.

CRAB DIP WITH VEGETABLES

1 small pkg. Hidden Valley Ranch dressing mix (Original)	Vegetable tray (any combination of: Carrots, celery, cucumbers, cauliflower, cherry tomatoes, broccoli, and olives)
1 (8 oz.) ctn. sour cream	
1 c. mayonnaise	
4 to 5 drops of Tabasco sauce	
1 pkg. imitation crabmeat, shredded	

Mix dressing and sour cream until blended. Add mayonnaise and Tabasco sauce. Mix in mayonnaise and refrigerate until serving time. Place on vegetable tray with arranged vegetables.

TACO DIP

1/2 lb. ground beef	1 can olives (small), sliced
1/2 chopped round onion	1/2 lb. Monterey Jack cheese, grated
1 chorizo	1/2 lb. Cheddar cheese, grated
1 can refried beans	
1 can diced green chilies	1/2 c. taco sauce

Brown beef and add chorizo. Add and cook onions till slightly transparent; set aside. Layer in a baking dish: Refried beans, ham-burger mixture, chilies, olives, taco sauce, and cheeses (mixed together). Bake at 350° for 30 minutes. Freezes well. Serve with tortilla chips and guacamole. Makes 1 large pizza pan or 3 small pie pans (9 inch).

TURNIP PANCAKES

1/2 c. grated daikon	2 Tbsp. sugar
2 Tbsp. chopped Chinese parsley	2 Tbsp. chopped green onions
2 Tbsp. dried shrimp, soaked in water to soften and chopped	2 Tbsp. chopped char siu
1 beaten egg	1 Tbsp. oil
1 c. milk	1 c. flour
1 tsp. salt	1 Tbsp. baking powder
	1/4 tsp. pepper

Sift together dry ingredients. Combine all ingredients. Fry as pancakes, 1 tablespoon at a time. Makes good pupu.

MINI PIZZA SNACK

1 pkg. English muffins	Toppings of your choice (such as pepperoni, mushrooms, bell peppers, onions, olives, etc.)
8 oz. grated or shredded cheese of your choice	
6 to 8 oz. bottled pizza sauce	

Slice English muffins in halves, then place them on a baking sheet. Put a large spoonful of pizza sauce onto each muffin half; spread sauce to the edges. Sprinkle a little cheese evenly over the sauce. Next, place toppings of your choice over the cheese, then sprinkle a little more cheese over the toppings. Place in oven and bake at 400° for 8 to 10 minutes, until cheese is melted. Let cool slightly before eating (cheese gets very hot).

SUPER DELIGHT PIZZA

- | | |
|---|------------------------------------|
| 1 jar prepared pizza sauce or spaghetti sauce | 1 can sliced mushrooms, drained |
| 1 loaf French bread | 1 can sliced black olives, drained |
| 2/3 c. Parmesan cheese | |
| 1/2 c. Mozzarella cheese | |
| 1 pkg. sliced pepperoni or meat topping | |

Slice bread in half lengthwise. Spread sauce on each half. Mix together Parmesan cheese and Mozzarella cheese. Sprinkle half of cheese mixture over sauce. Arrange pepperoni on cheese. Sprinkle with olives and mushrooms. Top with remaining cheese. Broil until cheese is melted and bubbly. Serve piping hot.

AVARE

- | | |
|---------------|--------------------|
| 2/3 c. sugar | 3 Tbsp. water |
| 4 Tbsp. shoyu | 8 drops of Tabasco |

Mix till sugar dissolves. To 1 box Rice Chex, sprinkle sugar mixture, a little at a time and mix. Add 2 packages Futaba Nori Furi kake and peanuts; mix. Spray 2 (9x13 inch) pans with Pam. Put in rice mixture. Bake at 250° for 1 hour. Mix every 10 to 15 minutes.

POPCORN SCRAMBLE

- | | |
|---------------------------|----------------------|
| 6 c. popped corn | 1 c. brown sugar |
| 2 c. Cheerios | 1/4 c. corn syrup |
| 2 c. Rice Chex | 1 tsp. vanilla |
| 1 (6 1/2 oz.) can peanuts | 1/4 tsp. baking soda |
| 1/2 c. margarine | |

Combine popcorn, cereals, and peanuts in a baking pan; set aside. Melt margarine, sugar, and syrup; remove from heat. Add 1 teaspoon vanilla and 1/4 teaspoon baking soda. Pour syrup over cereal mix. Bake for 1 hour at 250°, stirring every 15 minutes.

BUTTER SNACKS

- Sauce:
- | | |
|------------------|-----------------------------|
| 6 blocks butter | 1 tsp. Worcestershire sauce |
| 2 c. brown sugar | 1 tsp. garlic powder |

Dry ingredients:

- | | |
|------------------|----------------------|
| 1 box Rice Chex | 1 box pretzel sticks |
| 1 box Wheat Chex | 1 can mixed nuts |
| 1 box Corn Chex | 1 can peanuts |

Heat sauce. Combine dry ingredients in a large bowl and mix. Pour sauce over dry ingredients. Toss to coat and pour into 2 large baking pans. Bake at 250° for 1 hour, mixing every 15 minutes.

NORI MAKI

- | | |
|-----------------------|-------------------------------------|
| 1 lb. ground pork | 1/2 can water chestnuts,
chopped |
| 2 Tbsp. oyster sauce | 1/4 tsp. salt |
| 1 Tbsp. sesame seeds | |
| Green onions, chopped | |

Roll 3 tablespoons of mixture into 1 sheet. Fry in medium heat for approximately 20 minutes. No oil is needed. Cool. Cut into bite-size pieces. Serve as pupus.

Note: Three times recipe will yield 20 rolls.

NIKU NORI MAKI

- | | |
|---------------------|-------------------------|
| 1 lb. hamburger | Chestnuts (optional) |
| 1 lb. raw fishcake | Green onions (optional) |
| 1 pkg. teriyaki mix | |

Mix hamburger, fishcake, and teri mix well together. Add chestnuts (chopped) and green chopped onions. Spread 1/4 of batter on nori placed on rolling mat, leaving 1 inch at both ends. Roll and refrigerate for 2 hours. Cut into 10 to 12 pieces, wiping knife after each slice. Fry until golden brown. Makes 6 to 8 servings, about 20 pieces.

EGG ROLL

- | | |
|---------------|---------------|
| 12 eggs | Salt to taste |
| 2 Tbsp. water | 3 sheets nori |
| 1/2 tsp. MSG | Vegetable oil |

Mix egg, water, MSG, and salt; beat well. Put oil in frying pan and some egg mixture. When egg is 3/4 done, place sheet of nori on and roll away from you. Add more egg and nori and roll back 2 or 3 times. Continue until egg and nori are gone. Cut and serve when cooled.

Finely chopped char siu, kamaboko, water chestnuts, green onions, and parboiled Chinese peas make good variations.

SPINACH ROLLS

2 (10 oz.) pkg. frozen chopped spinach, thawed	1 (1 oz.) pkg. Ranch style salad dressing mix
1 c. sour cream	1/2 c. chopped green onions
1 c. mayonnaise	1/4 c. chopped water chestnuts
1/2 bottle (3 oz. size) bacon bits	10 (8 inch) flour tortillas

Squeeze all liquid from spinach. In a bowl, combine spinach, sour cream, mayonnaise, bacon bits, dressing mix, onions, and water chestnuts; mix well. Spread evenly over tortillas and roll tortillas tightly. Chill overnight. Slice into 1 inch pieces. Makes about 6 dozen pieces.

SELF-DESTRUCT CLAM BREAD

1 whole sheepherder bread or any round loaf bread (unsliced)	2 pkg. (8 oz.) cream cheese
2 cans (6 1/4 oz.) minced or chopped clams (undrained)	2 or 3 stalks green onion, chopped
	2 or 3 Tbsp. chopped parsley
	1 Tbsp. Worcestershire sauce
	1 or 2 Tbsp. lemon juice

Cut a lid, about 5 inches in diameter, out of the top of the bread. Tear out the bread in bite-size pieces all around the shell, leaving about a 1 inch thick crust. Place lid back on and heat in oven at 300° until crust is hard, about 20 minutes. Place remaining ingredients in a saucepan and heat thoroughly for 30 minutes. Set lid aside. Pour mixture into warm crust, which had been wrapped in heavy foil.

Bake in oven at 200° for another 30 minutes. Remove foil and replace bread lid to keep dip warm. Place bread on platter and arrange bread pieces around the bread. Eat by dipping bread into clam dip. The best part is tearing the crust apart and eating the crust after most of the dip is gone.

STUFFED MUSHROOMS

15 to 20 fresh mushrooms	1 tsp. garlic salt
1/2 lb. shrimp, chopped	1/4 tsp. pepper
2 Tbsp. butter	3/4 c. mayonnaise
1 c. shredded Mozzarella cheese	Bread crumbs (optional)

Remove stems from mushrooms and chop. Stir-fry shrimp in butter; drain and let cool. Add to chopped stems. Add remaining ingredients and stuff mushrooms with mixture. Sprinkle with bread crumbs. Bake at 350° for 10 to 15 minutes.

STUFFED MUSHROOM CAPS

36 large mushroom caps	1/4 c. chopped crabmeat
1/4 c. butter	1/4 c. chopped baby shrimp
1/4 c. cream cheese (at room temperature)	Pinch of nutmeg
	Salt and pepper

Saute mushroom in butter over high heat for about 3 minutes. Beat cream cheese until smooth. Stir in crab, shrimp, nutmeg, and seasonings. Stuff each cap with a little of the seafood mixture. Arrange on a baking sheet. Place under a heated broiler until bubbling. Makes 36 appetizers.

DRIED BEEF

5 lb. rump roast	1/3 c. Hawaiian salt
1 tsp. MSG	5 cloves garlic, pressed
1 c. shoyu	

Slice beef into 1/2 inch slices, 2 to 3 inches in width and any length, depending on rump roast. Mix seasoning well and dip pieces in it, piece by piece; repeat dipping 2 more times. Spread beef in a fly-proof wire dryer immediately. Turn beef over after approximately 3 hours of drying. On a sunny day, beef should be ready by late afternoon, if drying is started early in the morning.

Caution: Do not soak beef overnight.

DRIED AKU FILET BONES

Use approximately 4 to 5 pounds aku filet. Cut aku filet into 1/2 x 1 x 6 inch pieces. Cut aku center bones into 3 inch pieces. Seasoning sauce is the same as for dried beef, except omit garlic and add finely chopped chili pepper. Do not soak overnight.

TAKO POKI

Tako, boiled and cut into chunks	Tomato, cut into chunks
Warabi, parboiled and cut into 2 inch pieces	Dried ebi

Round onions, cut into wedges

Toss the preceding ingredients with a little shoyu. Add chili pepper if desired.

CRAB WON TON POUCHES

1/2 lb. imitation crabmeat, shredded	1/2 can water chestnuts, chopped
8 oz. cream cheese, softened	1/2 small round onion, chopped fine
2 Tbsp. mayonnaise	1 pkg. mundoo wrappers
1/4 tsp. Worcestershire sauce	1 egg yolk, well beaten
Dash of Tabasco sauce	
Dash of garlic salt	Oil (for deep-frying)

Mix softened cream cheese with mayonnaise, Worcestershire sauce, Tabasco, and garlic salt. Add water chestnuts, onion, and crabmeat; mix well. Drop by teaspoonful in center of mundoo wrapper. Spread beaten egg yolk on edges of each wrapper and fold in half. Fry in hot oil immediately if you are ready to serve, or refrigerate the pouches at this point and fry just before serving.

POT STICKERS

2 pkg. round wrappers or mundoo wrappers (makes 70 to 80 pot stickers)	1 can water chestnuts, chopped
1 lb. ground pork	1 heaping tsp. salt
6 to 7 medium won bok cabbage leaves, chopped and squeezed dry	1 Tbsp. sesame oil
3 stalks green onions, chopped	1 Tbsp. pale dry sherry
	1 tsp. sugar
	1x1 inch piece ginger, minced
	1/4 to 1/2 tsp. white pepper

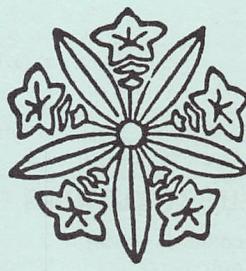
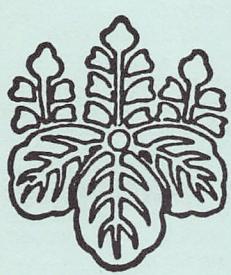
Mix ingredients together and fill wrappers. Freeze on wax paper lined cookie sheet. Once frozen, transfer to Ziploc bags.

To cook: Heat pan until very hot and add 2 tablespoons oil. When oil is hot, add enough pot stickers to cover bottom of pan. Cook until bottoms are golden (about 1 minute). Add 2/3 cup water; cover and cook until water evaporates. Serve with chili oil, red vinegar, and soy sauce.

Notes

After the first few days of the experiment, the subjects were asked to keep a diary of their thoughts and feelings. This was done to help them understand their own behavior and to provide a baseline for future analysis. The diaries were collected weekly and analyzed for patterns of thought and emotion. The results showed that the subjects' thoughts and feelings were generally positive and focused on the present moment. They reported feeling more relaxed and less stressed than they had been before the experiment began. They also reported feeling more connected to their surroundings and more aware of their physical sensations. These findings suggest that the subjects' thoughts and feelings were influenced by the sensory feedback provided by the VR environment.

The second part of the experiment involved a series of tasks designed to test the subjects' cognitive abilities. These tasks included memory tests, problem-solving puzzles, and reading comprehension exercises. The results of these tests were compared to those of a control group who did not participate in the VR experiment. The subjects' performance on these tasks was found to be significantly better than that of the control group. This suggests that the VR environment may have improved the subjects' cognitive abilities. The exact mechanism through which this improvement occurred is not yet fully understood, but it is likely related to the increased engagement and motivation experienced by the subjects during the VR sessions.



*Salads, Dressings
and
Vegetables*

EQUIVALENT CHART

3 tsp.	1 Tbsp.	1/4 lb. crumbled Bleu cheese.....	1 c.
2 Tbsp.	1/8 c.	1 lemon.....	3 Tbsp. juice
4 Tbsp.	1/4 c.	1 orange.....	1/3 c. juice
8 Tbsp.	1/2 c.	1 lb. unshelled walnuts....	1 1/2 to 1 1/4 c. shelled
16 Tbsp.	1 c.	2 c. fat.....	1 lb.
5 Tbsp. + 1 tsp.	1/3 c.	1 lb. butter.....	2 c. or 4 sticks
12 Tbsp.	3/4 c.	2 c. granulated sugar.....	1 lb.
4 oz.	1/2 c.	3 1/2-4 c. unsifted powdered sugar.....	1 lb.
8 oz.	1 c.	2 1/4 c. packed brown sugar	1 lb.
16 oz.	1 lb.	4 c. sifted flour	1 lb.
1 oz.	2 Tbsp. fat or liquid	4 1/2 c. cake flour	1 lb.
2 c.	1 pt.	3 1/2 c. unsifted whole wheat flour.....	1 lb.
2 pt.	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked macaroni.....	2 1/4 c. cooked
1 qt.	4 c.	7 oz. spaghetti.....	4 c. cooked
5/8 c.	1/2 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked noodles	2 c. cooked
7/8 c.	3/4 c. + 2 Tbsp.	28 saltine crackers	1 c. crumbs
1 jigger	1 1/2 fl. oz. (3 Tbsp.)	4 slices bread.....	1 c. crumbs
8 to 10 egg whites.....	1 c.	14 square graham crackers	1 c. crumbs
12 to 14 egg yolks.....	1 c.	22 vanilla wafers	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped		
1 lb. shredded American cheese.....	4 c.		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
 1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
 1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
 1 cup sweet milk = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
 3/4 cup cracker crumbs = 1 cup bread crumbs
 1 cup cream, sour, heavy = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
 1 teaspoon dried herbs = 1 tablespoon fresh herbs
 1 cup whole milk = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
 2 ounces compressed yeast = 3 (1/4 ounce) packets of dry yeast
 1 tablespoon instant minced onion, rehydrated = 1 small fresh onion
 1 tablespoon prepared mustard = 1 teaspoon dry mustard
 1/2 teaspoon garlic powder = 1 small pressed clove of garlic
 1 lb. whole dates = 1 1/2 cups, pitted and cut
 3 medium bananas = 1 cup mashed
 3 cups dry corn flakes = 1 cup crushed
 10 miniature marshmallows = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven	250° to 300°F.
Slow oven	300° to 325°F.
Moderate oven	325° to 375°F.
Medium hot oven	375° to 400°F.
Hot oven	400° to 450°F.
Very hot oven	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.....	1 cup
Picnic	1 1/4 cups
No. 300	1 1/4 cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2 1/2 cups
No. 2 1/2	3 1/2 cups
No. 3	4 cups
No. 10	12 to 13 cups

SALADS, DRESSINGS AND VEGETABLES

RAINBOW PASTA SALAD

- | | |
|--|---|
| 1 (10 oz.) pkg. Golden Grain
Rainbow rotini | 1 c. frozen peas, dipped in
hot water and cooled |
| 1 c. Italian salad dressing or
red wine vinaigrette
dressing | 1/4 c. chopped parsley |
| 1 c. shredded carrots | 5 oz. sliced olives |
| 1 c. zucchini slices, cut in 1/2
inches and cooked | 1/2 c. grated Parmesan cheese |

Cook rotini for 6 minutes. Rinse in cold water; drain well. Combine rotini and dressing with remaining ingredients.

SEAFOOD SALAD

- | | |
|--|---|
| 1 pkg. somen noodles | 1 bottle Tropics Oriental salad
dressing |
| 1 pkg. ocean salad (prepared
green seaweed salad
available at markets) | Crabmeat flakes (imitation or
real) |

Prepare somen noodles by boiling until tender; drain noodles. After noodles are cool, add crab flakes and ocean salad; mix together. Add dressing to taste.

CHICKEN SALAD

- | | |
|----------------------------|------------------------------|
| 1 c. shredded carrots | 1 c. mayonnaise |
| 3 Tbsp. minced onions | 1 can shoestring potatoes |
| 1 c. diced celery | 1/2 c. salted ground almonds |
| 3 c. diced, cooked chicken | |

Mix ingredients well and chill. Just before serving, add 1 can shoestring potatoes. Toss lightly. Top with salted ground almonds.

MANDARIN CHICKEN SALAD

- | | |
|--|--|
| 1 large head iceberg lettuce,
finely shredded | 1/4 c. almond slices |
| 1 can mandarin oranges,
drained | 2 chicken breasts, meat
boiled and shredded from
bones |

Toss preceding ingredients together. Serve with Japanese Dressing.

Japanese Dressing:

1/2 c. sugar	10 Tbsp. rice vinegar
4 tsp. salt	1/2 c. shoyu
1 c. Wesson oil	2 Tbsp. sesame oil

Combine preceding in an empty vinegar bottle and shake well. Keep refrigerated. Shake well before each use.

Note: May add a little dashinomoto powder to enhance flavor.

ROAST DUCK SALAD

3 1/2 lb. frozen roasted duck, thawed	2 tsp. hot pepper sauce
Deep fat (for frying)	1 c. red Chinese vinegar
8 won ton wrappers	3 Tbsp. sesame oil
1 c. peanut butter	1 medium head lettuce, coarsely shredded
6 Tbsp. sugar	1 small bunch Chinese parsley, chopped
1/4 c. soy sauce	

Reheat duck according to package directions. Cool; bone and shred. In a wok or electric skillet, heat deep fat to 375°. Cut won ton into 1/2 inch strips; fry until golden brown. Drain and set aside. In a medium bowl, cream peanut butter with sugar. Stir in soy sauce and hot pepper sauce. Stir in vinegar and sesame oil, mixing well. Mix into duck. Add lettuce and toss lightly. Garnish with won ton strips and Chinese parsley. Makes 6 servings.

KAKUMA KOGAI SALAD

Prepared kakuma, cut into strips	Pickled ginger, cut into strips
Round onion, halved and sliced	1 can seasoned kogai (sauce and all)

Sauce:

1/2 c. shoyu	1/2 c. sugar
1/2 c. vinegar	

Combine all ingredients. Refrigerate.

TOFU SALAD 1

Salad ingredients:

- 1 block tofu, drained and cut in cubes
- 1 small onion, chopped
- 1 can salmon or tuna, drained
- 1 large tomato, diced

Sauce:

- 1/2 c. salad oil
- 3 cloves garlic, minced

- 1 pkg. bean sprouts
- 1 bunch watercress, cut into 1 1/2 inch pieces
- 1/2 c. chopped green onions

Prepare salad ingredients and arrange in a salad bowl, starting with tofu. Heat oil and garlic; remove from stove and add shoyu. Mix well. Pour sauce immediately over salad and serve. Makes 8 servings.

TOFU SALAD 2

- 1 block tofu
- Salad oil
- Dressing (recipe follows)
- 1 pkg. bean sprouts

- 1 medium cucumber
- 3 green onions, thinly sliced
- 3/4 c. salted peanuts, coarsely chopped

Dressing:

- 1/4 c. white wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. salad oil

- 1 Tbsp. soy sauce
- 3/4 tsp. salt

Stir together all dressing ingredients until thoroughly combined. Cut tofu block crosswise in 1 inch thick slices. Drain in colander for 15 minutes, then pat dry with paper towels. Place tofu on a rack in baking pan. Brush all surfaces with salad oil. Bake at 350°F. for 20 minutes. Remove and cool. Cut cooled tofu into one-quarter inch strips and gently mix into dressing. Cover and chill for 30 minutes or up to 24 hours.

Pour hot water over bean sprouts. Drain; rinse with cold water and drain again. Cover and chill. Just before serving, lightly toss together tofu, bean sprouts, cucumbers, carrots, green onions, and peanuts.

WARABI CODFISH SALAD

Warabi, washed, cooked, and cut into 1½ inch lengths	Shiofuki konbu
Taegu (Marukai Taegu is best)	1 round onion, halved and sliced
Kamaboko, cut into strips	Sesame seed oil

Combine all ingredients, except konbu. Add konbu just before serving.

Note: Do not overcook warabi. Cut up warabi, separating the tips from the stems. Bring stems to a boil, then add the tips. Rinse; drain well.

WARABI KOGAI SALAD

Prepared warabi, cut into 1½ inch lengths	Ponzu sauce (equal amounts of sugar, vinegar, and shoyu)
Round onion, halved and sliced	
Seasoned kogai (sauce and all)	

Combine all ingredients.

SOUR CREAM FRUIT SALAD

1 (No. 2½ size) can fruit cocktail	1 pt. sour cream
1 c. marshmallows (miniature)	2 red apples, sliced to small pieces

Drain fruit cocktail and combine all the ingredients. Let set in refrigerator.

CHINESE SESAME SEED DRESSING

6 Tbsp. sesame seed oil	4 tsp. sugar
2 Tbsp. vinegar	¼ tsp. MSG
1 tsp. salt	

Combine ingredients in a pint jar and shake well. Pour dressing over vegetable salad just before serving. Makes about ½ cup.

FRENCH DRESSING

3 Tbsp. sugar	1/4 tsp. salt
1/4 tsp. pepper	1/2 tsp. dry mustard
1/2 tsp. Worcestershire sauce	1 clove garlic, crushed
4 Tbsp. Heinz tomato catsup	5 Tbsp. cooking oil
5 Tbsp. vinegar	

Combine all ingredients in a jar. Shake well.

SALAD DRESSING

2 Tbsp. vinegar	1 Tbsp. ketchup
1/4 c. corn oil	1 tsp. finely chopped round onion
1 Tbsp. sugar	
1/4 tsp. salt	

Put all ingredients in a small jar with a tight fitting lid. Shake until all is mixed well. Keep refrigerated until used. Serves 2.

TROPICS DRESSING

1/2 c. sugar	1 1/2 tsp. salt
1 1/2 tsp. pepper	1 clove garlic, grated
1/3 c. mayonnaise	1 1/3 c. salad oil
2 tsp. vinegar	1 c. catsup
3/4 tsp. prepared mustard	1 tsp. Worcestershire sauce
1 tsp. lemon juice	

Combine all ingredients into mixing bowl and beat slowly until well mixed, or place in blender and blend until smooth.

TARRAGON SALAD DRESSING

8 Tbsp. tarragon or white wine vinegar	1 tsp. salt
8 tsp. cooking oil	1 tsp. dried tarragon leaves
4 cloves garlic, minced	1 tsp. dry mustard 1/2 tsp. ground white pepper

Blend all ingredients well and chill.

TOMATO SOUP DRESSING

1 can Campbell's tomato soup	1 tsp. Worcestershire sauce
1/2 c. sugar	1 tsp. salt
1/2 c. vinegar	1 tsp. paprika
1 clove garlic	1 tsp. dry mustard
	1 small round onion, chopped

Combine ingredients in blender and blend for 3 to 4 minutes on medium high.

WAIOLI GUAVA DRESSING

1 c. mayonnaise	1 c. tomato catsup
1/4 c. vinegar	1/2 c. salad oil
1 tsp. dry mustard	2 tsp. lemon juice
1/2 c. guava jelly or jam	1/2 tsp. garlic salt

Blend all ingredients together in blender.

CUCUMBER KOGAI NAMASU

3 cucumbers, sliced and salted lightly	Ogo (optional)
1 carrot, finely cut into strips	1 bundle long rice

Sauce:

1 piece finely chopped ginger	1 Tbsp. salt
1 c. sugar	1 can kogai ajitsuke (sauce and all)
1/4 tsp. aji	
1/2 c. Heinz vinegar	

Pour boiling water on long rice and let sit for a while. Drain and cut into shorter length. Combine all ingredients. Refrigerate.

CHICKEN NAMASU

3 pieces chicken breast	4 Japanese cucumbers, sliced
4 stalks green onions, chopped	

Sauce:

1/2 c. sugar	1 Tbsp. Hondashi
1/2 c. Japanese rice vinegar	2 Tbsp. sesame seeds, toasted
1 clove garlic, chopped	
2 Tbsp. sesame oil	Chili pepper to taste
1/2 c. shoyu	

Boil, cool, and shred chicken. Prepare sauce. Two hours before serving, pour sauce over chicken, cucumbers, and onions.

GREEN BEANS WITH PEANUT BUTTER SAUCE

Use $\frac{3}{4}$ pound green beans, cut into 1.5 inch pieces.

Sauce:

2 Tbsp. peanut butter

1 tsp. sugar

1 Tbsp. warm water

1 tsp. soy sauce

Cook beans in boiling water for about 10 minutes, until crisp-tender. Drain. Blend sauce ingredients thoroughly and pour over hot beans; toss gently to coat. Serves 5 or 6.

GREEN BEANS WITH MISO SAUCE

Use 1 pound green beans, boiled and cut into 1 inch pieces.

Miso Sauce:

2½ Tbsp. miso

¼ c. mayonnaise

1½ Tbsp. sugar

**2 Tbsp. goma, toasted and
ground**

Combine ingredients for miso sauce. Mix cooled beans lightly with miso sauce. Chill for 1 hour before serving.

KINPIRA

3 long gobo, cut in fine strips

1 tsp. salt

2 Tbsp. oil

¼ c. shoyu

**2 chicken thighs or 12 dried
shrimp**

5 Tbsp. raw sugar

1 tsp. MSG

Heat oil and add dried shrimp or chicken. Saute and add gobo; stir-fry for 3 minutes. Add seasonings and cook until done. If desired, add a pinch of chili pepper flakes. Pork may be used instead of shrimp or chicken.

STUFFED KABOCHA (Pumpkin)

1 kabocha (Japanese pumpkin)	Salt to taste
1 to 1½ lb. lean ground beef	Onion salt to taste
2 eggs	Garlic salt to taste
1 onion, chopped	2 to 3 c. dashi (soup stock)
½ c. bread crumbs or day old bread cubes	Cornstarch
Pepper to taste	Water
	Green onion, chopped

Wash kabocha and cut a lid around its stem; remove seeds. Mix together ground beef, eggs, onion, bread crumbs, and seasonings. Pack into kabocha; replace lid. Place kabocha in a pot with a cover. Add the dashi, replace pot cover, and cook over medium heat for 1 to 1½ hours. Remove kabocha; set aside. Make a gravy with the remaining dashi in pot and cornstarch mixed with a little water; cook until thickened. Pour over kabocha; garnish with green onions. Slice like a pie and serve.

THAI EGGPLANT

½ tsp. baking soda	2 Tbsp. vinegar
2 Tbsp. oil	2 Tbsp. sugar
½ lb. pork, cut in strips	1 tsp. ground bean sauce
¼ tsp. MSG	2 cloves garlic, chopped fine
½ tsp. salt	2 chili peppers, skin chopped fine
2 Tbsp. shoyu	
About 4 long eggplants	½ Tbsp. cornstarch

Marinate pork strips in baking soda and oil; set aside. Brown pork in a deep pan; add garlic and pepper. Mix MSG, salt, shoyu, vinegar, sugar, and ground bean sauce; add to pork mixture. Mix well until thickened and set aside.

Peel and cut eggplants into small pieces. Slightly salt and fry. Put fried eggplant in pork mixture. Toss and serve.

SOY BEANS WITH KONBU AND CARROTS

2 c. soy beans	4 Tbsp. shoyu
7 to 8 inches konbu	1 c. sugar
1 carrot	

Soak the soy beans overnight in 4 cups water. Cut konbu into 1 inch squares after washing well. Cut carrots into 1 inch pieces. Cook

soy beans with soaked water in a saucepan on medium heat. When boiling, add $\frac{1}{2}$ cup water (repeat 3 times more) and cook until soft (about $1\frac{1}{2}$ hours). Add konbu and carrots; cook for 30 minutes more, then add shoyu and cook for 10 minutes. Add 1 cup sugar and cook for 5 minutes more. Turn off heat and leave in pot for a while.

SUBASU (Vinegar Renkon)

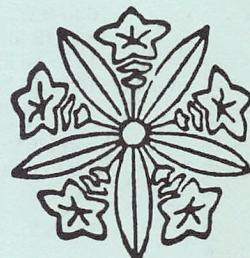
4 oz. renkon	Pinch of salt
1$\frac{1}{2}$ Tbsp. vinegar (mitsukan)	Pinch of MSG
2$\frac{1}{2}$ tsp. sugar	

Peel, slice, and soak renkon in 2 cups water with 2 tablespoons vinegar. Combine vinegar, sugar, salt, and MSG; boil. Drain renkon and add to vinegar mixture. Cook. When renkon becomes clear (about 2 minutes), remove from heat and cool.

Notes



Main Dishes



MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1 3/4 2 2 1/2	140° (rare) 160° (medium) 170° (well done)
	8	2 1/2 3 4 1/2	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2 1/2 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3 1/4 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5 3	2 1/4 160° (medium) 3 1/4	140° (rare) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1 1/2 2 2 1/4	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3 1/2	175° (medium) 180° (well done)
	8	4 4 1/2	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2 1/2 to 3	170° (well done)
Shoulder	6	3 1/2	170° (well done)
Rolled shoulder	3 to 5	3 to 3 1/2	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb. 8 to 12 lb. 12 to 16 lb. 16 to 20 lb. 20 to 24 lb.	325° 325° 325° 325° 300°	2 1/2 to 3 hr. 3 to 3 1/2 hr. 3 1/2 to 4 hr. 4 to 4 1/2 hr. 5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2 1/2 lb. 2 1/2 to 4 lb. 4 to 8 lb.	400° 400° 325°	1 to 1 1/2 hr. 1 1/2 to 2 1/2 hr. 3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2 1/2 to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES

MISO CHICKEN

5 lb. chicken parts	1 c. miso
1 c. sugar	1 c. beer
1 c. shoyu	1 small won bok cabbage

Mix together all ingredients, except won bok cabbage. Soak chicken in sauce overnight in refrigerator. Place chicken in a foil lined pan and bake at 350°F. for 45 minutes, turning once. To serve, cut won bok into bite-size pieces and arrange on a platter. Place the hot chicken on top of won bok and pour the pan drippings over. Serve with hot rice.

CHICKEN CUTLET WITH ONION SAUCE

Use 2 pounds chicken thighs.

Sauce:

1/2 stalk green onion, chopped	1 1/2 Tbsp. mirin
2 Tbsp. shoyu	Tabasco sauce (optional)
1 Tbsp. sugar	

Debone chicken thighs and flatten evenly. Lightly sprinkle salt and pepper; leave for 10 minutes. Roll in flour; dip in beaten eggs, then coat with panko. Fry until golden brown. Slice and pour onion sauce over it.

CHILI PEPPER CHICKEN 1

Use 5 pounds chicken thighs or drumettes.

Sauce:

1/2 c. shoyu	2 stalks green onion, chopped finely
6 Tbsp. sugar	
1 clove garlic, crushed	
1 whole skin of chili pepper, chopped	

Flour chicken pieces. Mix sauce ingredients; set aside. Deep-fry chicken and dip in sauce. Arrange on platter to serve.

CHILI PEPPER CHICKEN 2

2 to 4 lb. chicken (wing drumettes or boneless strips)	1 clove garlic, minced
Mochiko	Green onions, chopped
6 Tbsp. sugar	Dash of cayenne or chili pepper
1/2 c. shoyu	Aji (optional)

Flour chicken pieces with mochiko and deep-fry. Mix together remaining ingredients and heat. Dip chicken pieces into mixture and enjoy!

BRAISED HONEY CHICKEN

1 chicken (3 lb.)	1/2 c. sherry
1 scallion stalk	3 Tbsp. honey
2 slices fresh ginger root	2 Tbsp. soy sauce
3 to 4 Tbsp. oil	1 tsp. salt

1. Chop chicken (bones and all), in 2 inch sections. Cut scallion stalk in 1/2 inch sections. Mince ginger root.

2. Heat oil in a heavy pan. Add scallion and ginger; stir-fry in a few times. Brown chicken sections quickly, then drain off excess oil.

3. Combine sherry, honey, soy sauce, and salt. Slowly pour over chicken and heat. Simmer, covered, until done (about 40 minutes). Makes about 6 servings.

Mitsuko Tamasaka

YOSSENABE

1 c. chicken, cut in thin strips	1/2 head Chinese cabbage, cut in 1 inch pieces
1 doz. shrimp, shelled and deveined	2 c. chicken broth
1 chikuwa, cut in 1/4 inch slices	1 (5 to 6 oz.) can button mushrooms (undrained)
1 lb. tofu, cut in 1 inch cubes	3 Tbsp. sugar
3 large dried mushrooms, soaked in water 1/2 hour and cut in 1 inch pieces	1 tsp. MSG
	1/4 c. shoyu
	1/4 c. mirin

Prepare chicken, shrimp, chikuwa, tofu, and dried mushrooms. Mix broth, canned mushrooms, sugar, MSG, shoyu, and mirin in a casserole pot. Add dried mushrooms and heat until mixture boils. Add remaining ingredients, except onions and cabbage. Cook for about 5

minutes. Add onion and cabbage and cook until tender. Serve with rice.

Nobuko Abe

LEMON B.B.Q. CHICKEN

1/2 c. shoyu	Juice of 1 lemon
1 Tbsp. grated lemon rind	2 Tbsp. oil
1 clove garlic, minced	1 tsp. minced fresh ginger
2 lb. chicken thighs	3 Tbsp. sugar

Combine all the ingredients, except chicken. Mix well. Pour over chicken. Marinate for 2 to 3 hours. Barbecue over low coals.

CHICKEN WITH ALMONDS AND VEGETABLES

1 good size chicken breast (2 halves)	Cornstarch and water
6 large shrimp	1 small onion, diced
1/2 c. bamboo shoots, diced	1/4 c. water chestnuts, diced
1/2 c. button mushrooms, halved	2 Tbsp. oil
1/2 c. frozen green peas	1 Tbsp. mirin
1 tsp. salt	1/2 c. chicken stock
	1/2 c. toasted almonds or cashews

Bone and dice chicken. Peel and halve shrimp. Heat wok. Add oil and stir-fry chicken for 2 minutes on high heat. Add shrimp and stir-fry for $\frac{1}{2}$ minute. Add all the ingredients, except cornstarch and water mixture. Bring to a boil and cook for $1\frac{1}{2}$ minutes. Thicken with corn-starch mixture. Garnish with almonds or cashew nuts.

Pork can be substituted for chicken. Other vegetables can be used: Green beans, asparagus, broccoli, carrots, or green pepper.

WON TON CHICKEN

1 lb. boneless chicken	1/2 lb. shrimp, shelled and cut into 4 pieces
Pepper and Hawaiian salt to taste	1 pkg. won ton wrappers
1/2 can water chestnuts, chopped	Oyster sauce
2 stalks green onion, chopped	

Chop chicken into small $\frac{1}{2}$ inch cubes; add pepper and Hawaiian salt to taste. Leave overnight in refrigerator. Add chopped shrimp, green onions, and water chestnuts; mix with chicken. Spoon onto won

ton wrappers and paint lightly with oyster sauce. Wet sides of wrappers with water and seal well. Deep-fry till brown.

Sauce for dipping:

1 c. oyster sauce	2 oz. fresh ginger, grated
1/4 c. shoyu	1 clove garlic (optional)
1/4 c. sugar	1/2 tsp. sesame oil

Cook all ingredients together. Prepare cornstarch and water mixture. Add cooked ingredients for thickness. Serve hot.

MINUTE CHICKEN 1

3 lb. chicken breasts/thighs	1/3 c. oyster sauce
3 Tbsp. flour	1 Tbsp. sugar
1/4 c. salad oil	1/3 c. water
2 cloves garlic, crushed	1/4 tsp. pepper
3/4 c. chopped green onions	
1/3 c. chopped Chinese parsley (optional)	

Remove bones from chicken; cut meat into bite-size pieces. Coat with flour; let stand for 10 minutes. In a wok or skillet, heat oil and garlic until oil is sizzling. Add chicken and stir-fry until browned, keeping heat high. Lower heat and add remaining ingredients. Mix thoroughly and serve at once. Garnish with additional Chinese parsley. Makes 6 servings.

MINUTE CHICKEN 2

2 lb. boneless chicken breasts or thighs	4 cloves garlic, minced
1 1/2 tsp. salt	1 Tbsp. cornstarch
1 tsp. sugar	1 tsp. wine or sake (optional)
1 tsp. aji (optional)	1 Tbsp. oyster sauce
2 Tbsp. shoyu	Green onions, chopped

Cut chicken into bite-size pieces. Combine all other ingredients. Marinate chicken in mixture. Fry in hot oil till golden brown. Garnish with chopped green onions.

DEBONED SHOYU CHICKEN

8 chicken thighs, skinned and deboned	1 thumb ginger, crushed
3 Tbsp. shoyu	3 Tbsp. sugar
1/2 tsp. salt	1 Tbsp. sherry
	2 cloves garlic, crushed

Cook all ingredients together. Thicken with 1 teaspoon cornstarch dissolved in water. Garnish with chopped green onions.

CHICKEN WITH BLACK BEAN SAUCE

3 1/2 lb. frying chicken	1/2 c. finely minced shallots
3 Tbsp. brandy	1 Tbsp. sugar
1/2 tsp. minced ginger	1/2 tsp. salt
10 tsp. cornstarch	3/4 c. chicken broth
2 Tbsp. black beans	2 Tbsp. water
1 clove garlic, crushed	Lettuce leaves
1/4 c. salad oil	

Bone chicken; cut meat into bite-size cubes. In a large bowl, combine brandy, ginger, and 4 teaspoons cornstarch; stir in chicken. Let stand for 20 minutes. Soak black beans in water to cover for 5 minutes; drain. Mash beans with garlic. In a wok or electric skillet, heat oil. Stir-fry chicken until lightly browned. Stir in shallots, beans, sugar, and salt. Lower heat and cook for 3 minutes. Add broth; bring to a boil. Combine remaining 2 tablespoons cornstarch and the water. Pour into chicken mixture; cook, stirring constantly until mixture thickens. Place lettuce on a platter. Spoon chicken on lettuce. Makes 6 servings.

CRISPY FRIED CHICKEN

2 lb. chicken	1 or 2 cloves garlic, mashed
2 Tbsp. shoyu	1 thumb size fresh ginger, grated
3 Tbsp. sake	1/2 to 1 tsp. salt (to your taste)
3 Tbsp. sugar	

Marinate chicken in sauce for 3 to 4 hours, preferable overnight. Dip in flour and deep-fry.

KOREAN SESAME CHICKEN WINGS

1/2 c. cornstarch	2 cloves garlic, minced
1/4 c. all-purpose flour	1 to 2 Tbsp. sesame seeds
1/4 c. sugar	3 lb. chicken wings, cut in halves and wing tips removed
1 to 1 1/2 tsp. salt	
3 to 5 Tbsp. shoyu	
1/4 c. salad oil	
2 eggs, slightly beaten	Salad oil (for deep-frying)
2 stalks green onions, chopped	

Make a marinade by combining all ingredients, except chicken wings and oil for frying. Marinate chicken for 3 hours. Deep-fry in hot oil until golden brown.

PEANUT BUTTER CHICKEN

1 Tbsp. hoisin sauce	3 Tbsp. shoyu
1 Tbsp. peanut butter	Ginger, grated
1 tsp. salt	Garlic, crushed
1 tsp. pepper	2 1/2 lb. chicken (boneless, skinless thighs)
1/2 c. sugar	

Mix ingredients, except chicken until well blended. Marinate chicken in marinade overnight. Broil until done.

YAKI NIKE OR CHICKEN

2 lb. meat or chicken, cut as desired	Green bell peppers, cut into pieces
2 cans whole button mushrooms	Small onions, cut into wedges
Sauce:	
1 c. shoyu	1/4 tsp. monosodium glutamate
1 c. sugar	
2 Tbsp. sherry wine	1 Tbsp. vegetable oil
1/2 tsp. salt	

Combine sauce ingredients and marinate meat or chicken for 30 minutes. Arrange meat and vegetables on skewers and broil as desired.

CHICKEN WITH ITALIAN WISH-BONE DRESSING

Use 4 pounds deboned chicken thighs.

Sauce (to marinate at least 4 hours):

$\frac{1}{2}$ c. Italian Wish-Bone salad dressing	4 Tbsp. sugar
4 Tbsp. shoyu	1 tsp. salt
	1 tsp. monosodium glutamate

Soak chicken in sauce for at least 4 hours. Broil both sides and serve. Garnish with chopped green onions or parsley.

CHICKEN IN A BAG

$\frac{3}{4}$ c. flour	1 (3 lb.) fryer, cut up and skin removed
2 tsp. salt	
$\frac{1}{2}$ c. corn oil margarine	

Put first 3 ingredients in a bag. Add chicken; shake. Melt margarine in baking pan; put chicken in pan. Bake at 400° F. for 45 minutes to an hour. Turn chicken over after 30 minutes of baking. Serves 4 to 6.

CHICKEN NUGGETS

12 chicken thighs	$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. salt	

Batter:

1 c. all-purpose flour	1 clove garlic, grated
1 egg, beaten	Bread crumbs
$\frac{3}{4}$ c. cold water	Oil (for deep-frying)

Sauce:

$\frac{1}{4}$ c. catsup	$\frac{1}{4}$ c. vinegar
$\frac{1}{4}$ c. soy sauce	Dash of sherry
$\frac{1}{4}$ c. sugar	

Skin and debone thighs. Cut into bite-size pieces. Season with salt and pepper.

Batter: Mix together flour, eggs, water, and garlic. Pour batter over chicken pieces. Roll individually in bread crumbs; deep-fry until golden brown.

Sauce: Mix sauce ingredients together; cook until sugar dissolves. Use sauce for dipping chicken nuggets.

UMANI

1 Tbsp. oil	1 c. gobo
2 lb. chicken, cut into small pieces	2 blocks konnyaku
1 can button mushrooms	5 shiitake, soaked in 1 c. water to soften
2 c. diced carrots	Chinese peas, parboiled
2 c. takenoko	

Seasonings:

3 Tbsp. sugar	1/4 c. shoyu
1 1/2 tsp. salt	

Saute chicken in oil. Add button mushrooms and the water in which the shiitake was soaked. Add the carrots and cook for 15 minutes. Add the rest of the ingredients. Add the seasonings and cook for 20 minutes or longer. Add the parboiled Chinese peas just before serving.

CHICKEN FRICASSEE

1 (4 1/2 to 5 lb.) chicken	1/2 c. flour
2 tsp. salt	1/8 tsp. pepper
4 Tbsp. oil	4 c. boiling water
1 large onion	Few sprigs of parsley
1 tsp. salt	1 bay leaf

1. Cut chicken in pieces.
2. Combine flour, salt, and pepper in a paper bag.
3. Add chicken and shake well to coat chicken.
4. Brown chicken well in oil.
5. Add rest of ingredients. Cover and simmer till tender.
6. Thicken gravy when done.

CHICKEN AND POTATO CASSEROLE

1 can Cheddar soup	1/4 c. mayonnaise
2 lb. boneless, skinless chicken, chopped into fourths	1 can mushroom soup 2 lb. potatoes, peeled and sliced into disks

Mix soups and mayo. Season chicken with salt and pepper. Grease a large baking pan. Layer potato disks and some soup/mayo mix in pan. Dredge chicken pieces in soup/mayo mix and place over potatoes. Spread remaining soup/mayo mix over top. Bake at 325° for 1 1/2 hours.

EGGPLANT CHICKEN

**1 lb. chicken (boneless and
skinless), chopped bite-
size**

2 Tbsp. cooking oil

Pepper to taste

Green onion (for garnish)

Sauce:

½ c. shoyu

3 Tbsp. mirin

**5 to 6 long nasubi, chopped
to 1½ inch lengths**
**1½ inches finger root ginger,
peeled and sliced thin**
1 round onion, sliced

Heat sauce ingredients to a boil. Lower heat and simmer until sauce is a very thick glaze consistency. Fry chicken in hot oil. Add grated ginger. Cook until the chicken is half done. Add onion, cooking for another 2 minutes. Add eggplant and cook over low heat until eggplant is tender - not mushy. Add about 3 tablespoons of sauce (glaze) mixture to season eggplant and chicken. Toss together. Garnish with chopped green onion and serve.

TURKEY PATTY

**2 heaping tsp. no cholesterol
powdered Lite-Egg
6 Tbsp. lukewarm water
½ c. finely chopped round
onion
⅓ c. toasted and milled bread
crumbs**

**1/2 tsp. garlic powder
2 lb. ground turkey
1/4 tsp. salt
Dash of black pepper**

Combine powdered Lite-Egg and water. Use a wire whip to dissolve. Do not whip. Add all the other ingredients and mix well with a fork. Form patties. Fry in a small amount of no cholesterol oil.

MARINADE FOR ROAST TURKEY

**1 turkey (up to 18 lb.)
3/4 c. shoyu
1 1/4 tsp. whiskey
1/2 tsp. cinnamon
1/4 tsp. pepper
6 Tbsp. sugar**

- 1 Tbsp. hoisin sauce
- 1 Tbsp. black bean sauce
- 1 clove garlic, crushed
- Green onions, minced
- Parsley, minced
- Ginger, grated

Combine all ingredients, except turkey. Salt turkey inside and out. Rub sauce inside and out. Leave in refrigerator overnight. Rub

butter on the outside. Place turkey, breast side up, in pan. Add 2 cups water. Roast at 450° for 45 minutes, then lower to 400°. When brown, turn turkey. Thicken sauce with cornstarch.

Roasting time at 400°: 12 pounds = 1 hour and 45 minutes; 14 pounds = 2 hours; 18 pounds = 2 hours and 15 minutes.

SAUCES FOR MEAT OR FISH

Sauce 1:

2 Tbsp. aka miso	1½ Tbsp. shoyu
2 Tbsp. roasted goma	1 Tbsp. mirin
1½ Tbsp. sugar	2 Tbsp. vinegar
2 Tbsp. sake	

Sauce 2:

2 Tbsp. ketchup	1 tsp. lemon juice
2 Tbsp. Worcestershire sauce	1 Tbsp. sake
1 Tbsp. mirin	½ tsp. garlic salt

Sauce 3:

5 Tbsp. shoyu	1½ Tbsp. chopped green onion
1 Tbsp. sugar	
2 Tbsp. goma, roasted	2 to 3 rankyo, chopped
1 Tbsp. goma oil	1 chili pepper

BUTTERFISH MISO YAKI

7 slices butterfish

Lemon juice

Sauce:

⅔ c. white miso	Dash of MSG (optional)
2 Tbsp. sugar	Green onions, chopped
2 Tbsp. soy sauce	1 clove garlic, grated
1 Tbsp. vinegar	1 piece ginger, minced
2 Tbsp. sake or wine	

Sprinkle lemon juice over butterfish and pour miso sauce over. Let stand for a few minutes. Wrap in foil and bake, uncovered, at 350°F. for 25 minutes. Yields 7 servings.

BAKED FISH FILLETS WITH MACADAMIA NUTS

1½ lb. fish fillets	⅓ c. lemon juice
2 Tbsp. grated onion	2 Tbsp. Worcestershire sauce
½ tsp. salt	¾ c. corn flake crumbs
Dash of pepper	¾ c. macadamia nut bits
¼ c. salad oil	

Cut fish into 6 pieces. In a large bowl, combine onion, seasonings, salad oil, lemon juice, and Worcestershire sauce. Marinate fish in sauce for 30 minutes. Preheat electric oven to 350°F. Grease a shallow baking pan. Mix crumbs and nuts. Coat fish with crumb mixture; place in prepared pan. Bake for 30 to 40 minutes or until fish is cooked. Makes 6 servings.

PICKLED FRIED FISH

Use 1 aku (or similar fish), sliced.

Sauce:

½ c. vinegar	1 c. water
1 Tbsp. salt	1 tsp. garlic
Chili pepper	Dash of black pepper
2 bay leaves	

Mix sauce ingredients and soak fish overnight. Before frying, drain fish slices and coat with flour.

RED SNAPPER WITH SHOYU SAUCE

⅓ c. shoyu	1 Tbsp. oil
1 to 2 cloves garlic	2 Tbsp. sugar
1 to 2 pieces ginger, mashed	1 lb. red snapper fillet
Parsley, finely chopped	Garlic salt
2 long green onions, finely chopped	Flour
	Oil

Prepare sauce by mixing together first 7 ingredients; set aside. Season fish with garlic salt. Coat fish with flour. Heat skillet with oil. Fry fish, being careful not to overcook it. Turn off heat. Pour sauce over fish; cover and let stand for only a few minutes before serving.

MARINATED SALMON

Salmon steaks or filet	Salt
1/4 c. (or less) shoyu	Pepper
3/4 c. Wish-Bone Italian dressing	Aji

Mix all ingredients and marinate salmon in a Pyrex baking dish for about 6 hours. Broil salmon in the Pyrex dish with the sauce. If broiling is not enough to cook fish completely, bake at 325° until done.

POTATO CHIP TUNA CASSEROLE

1 (6½ oz.) can tuna, drained	1 (4 oz.) bag potato chips
1 (10¾ oz.) can cream of mushroom soup (undiluted)	1/2 onion, chopped

Mix tuna, onion, and soup together. Turn into a 1 quart casserole dish. Top with a layer of potato chips. Bake, uncovered, for 45 minutes at 325°F.

IMITATION CRAB PATTIES

1 block tofu	1/2 lb. imitation crabmeat, stripped
3 eggs	1 can water chestnuts, chopped
2 or more stalks green onion, chopped fine	
1½ tsp. salt	

Slice, pat dry, and mash tofu. Mix all ingredients. Shape into patties and fry in skillet with ¼ inch depth oil. Cool, then slice patties into 4 to 5 pieces. Place on platter and decorate with sprigs of parsley. Yield: 10 to 12 patties.

STIR-FRIED COOKED SHRIMP

1 clove garlic	1 Tbsp. cornstarch
4 Tbsp. catsup	3 Tbsp. water
1/4 c. water	2 Tbsp. oil
1 tsp. sugar	1 lb. cooked shrimp
1/2 tsp. salt	

1. Crush garlic. In one cup, combine catsup, water, sugar, and salt. In another, blend cornstarch and remaining water to a paste.

2. Heat oil; brown garlic lightly. Add catsup mixture and bring to a boil, stirring, then stir in cooked shrimp only to heat through.

3. Stir in cornstarch paste to thicken and serve at once. Makes 6 to 8 servings.

Mitsuko Tamasaka

STUFFED SHRIMP

1 lb. fishcake paste (oio)	1½ lb. medium shrimp
½ c. ham	½ c. water chestnuts
Bacon slices (about 1½ inches long)	¼ c. green onion

Chop water chestnuts, ham, and green onions fine. Shell shrimp and slit the back (like tempura). Pat dry and place on cookie sheet with back spread open. Put a spoonful of fishcake mixture on shrimp. Cover each with a bacon strip and broil in oven until bacon is brown, then bake for 10 to 15 minutes at 350°.

SAUTEED SHRIMP 1

2 lb. shrimp	¼ c. beer
½ block butter	2 tsp. parsley, finely chopped
3 cloves garlic, crushed	Salt to taste

Prepare shrimp with shell on. To clean, cut the back of the shrimp, devein, rinse, and set the shrimp aside to drain. Melt butter in a pan. Add garlic and brown slightly. Add shrimp and saute for about 1 minute. Add beer and salt. Continue to saute just until shrimp is done. Add parsley before removing from heat. Serve.

Variation: Any combination or substitution of seafood may be used, such as scallops, clams, crab, fresh prawns, or fresh head-on shrimp.

SAUTEED SHRIMP 2

2 lb. shrimp	2 cloves garlic, grated
½ block butter	2 to 3 Tbsp. oyster sauce

Prepare shrimp with shell on. To clean shrimp, cut the back, devein, and rinse; set the shrimp aside to drain. Pat with paper towels to remove excess water. Melt butter in a pan. Add garlic and shrimp. Saute for about 1 minute. Add oyster sauce. Continue to saute just until shrimp is done. Remove from pan and serve. Shrimp is best if it's not overcooked.

CASHEW SHRIMP STIR-FRY

6 pc. shrimp ($\frac{21}{25}$), shelled and tail left on	$\frac{1}{2}$ tsp. Neenan garlic chili paste
2 oz. cashews, roasted	$\frac{1}{2}$ tsp. oyster sauce
1 to 2 red bell peppers	2 tsp. green onion
1 to 2 Maui onions	$\frac{1}{4}$ tsp. sesame seed, roasted
Chinese snow peas	1 Tbsp. cooking oil

In a heavy skillet or wok, heat oil until it starts to smoke; add shrimp to oil and stir or toss for 8 to 10 seconds. Add bell peppers, Maui onion, cashew nuts, and Chinese snow peas; toss for another 8 to 10 seconds, then add garlic, chili paste, and oyster sauce (salt and pepper if desired). Toss for another 20 to 30 seconds or until shrimp is cooked and vegetables are just tender. Remove from pan and garnish with green onion and sesame seeds.

PINEAPPLE SHRIMP

1 lb. shrimp	$\frac{1}{2}$ c. flour
1 medium can pineapple chunks	2 eggs
Sauce:	
3 Tbsp. brown sugar	$\frac{1}{2}$ c. water
$\frac{1}{2}$ c. pineapple juice	$\frac{1}{4}$ tsp. salt
1 Tbsp. cornstarch	2 or 3 drops Tabasco sauce
2 $\frac{1}{2}$ tsp. vinegar	2 Tbsp. catsup

Shell and clean shrimp. Slice in half if they are too large. Stir beaten eggs gently into flour and salt. Add shrimp to this thick batter. Fry shrimp in hot deep fat until lightly browned. Garnish with pineapple.

Cook ingredients for sauce, stirring constantly until done. Pour over pineapple and shrimp.

SHRIMP WITH BLACK BEAN SAUCE

1 $\frac{1}{2}$ to 2 lb. shrimp	3 cloves garlic, minced
$\frac{1}{4}$ lb. ground pork	1 Tbsp. ginger, finely chopped
2 Tbsp. ground black beans	2 tsp. sesame oil
2 Tbsp. sherry	1 tsp. sugar
2 c. chicken stock	2 Tbsp. oyster sauce
1 Tbsp. shoyu	1 Tbsp. S and S saimin base
Cornstarch thickening	

Prepare sauce first: In a little salad oil, fry garlic and pork. Add all of the other ingredients, except shrimp and thickening. Let mixture simmer for about 15 minutes. Add thickening. Sauce should be thick like turkey gravy. Taste; add salt if necessary. Optional: Gently stir in a beaten egg to create a ribbon effect.

In a small amount of oil, stir-fry shrimp, 1 pound at a time. Do not overcook. Place in dish and pour sauce over. Mix together gently. Garnish with chopped green onions.

Note: If doing multiples of this recipe, stir-fry shrimp in 1 to 1½ pound amounts. Stir-frying shrimp in large amounts will result in uneven cooking. Sauce can be used for other kinds of seafood.

SEAFOOD CASSEROLE

1 c. shrimp, diced	1 c. mayonnaise
1 c. (canned) crabmeat	½ tsp. salt
1 beaten egg	¼ tsp. pepper
1 c. cooked potatoes (2), diced	1 tsp. Worcestershire sauce
1 c. celery, diced	1 Tbsp. melted butter
¼ c. onion, diced	½ c. cracker meal

Mix all ingredients, except cracker meal and butter, in a casserole dish. Sprinkle cracker meal and butter mixture on top. Bake for 30 minutes at 350°.

SEAFOOD POTATOES

2 c. boiled potatoes, diced	2 Tbsp. Chinese parsley
1 small can shrimp, drained	1 c. mayonnaise
1 can crabmeat, drained	½ tsp. salt
½ c. celery, chopped	¼ tsp. black pepper
1 c. chopped onion	

Combine mixture and mix well. Place in a casserole. Bake in a 450° F. oven for 10 minutes. Remove to broiler rack and set oven to broil. Broil till the top browns.

DEEP-FRIED OYSTERS

24 to 30 oysters	Batter
Salt and pepper	
1 or 2 scallions	Oil (for deep-frying)

1. Shell oysters, then season highly with salt and pepper. Mince scallions.
2. Coat oysters with any of the batter combinations listed following.
3. Heat oil. Add oysters, a few at a time, and deep-fry until golden. Drain on paper toweling. Garnish with scallions and serve. Makes about 6 servings.

Batter for Deep-fried Oysters:

First batter: 1 egg beaten, $\frac{1}{2}$ cup flour, and 1 cup water.

Second batter: 1 cup flour, 2 teaspoons baking powder, and $\frac{3}{4}$ cup water.

Third batter: 1 cup flour, 1 teaspoon baking powder, 4 tablespoons cornstarch, 1 tablespoon lard, and $\frac{3}{4}$ cup water.

SEAFOOD SPAGHETTI

1 lb. spaghetti	1 ($7\frac{1}{2}$ oz.) can crabmeat, drained
$\frac{1}{4}$ c. butter	1 c. green onions, sliced
$\frac{1}{2}$ c. butter	1 Tbsp. parsley, chopped
1 clove garlic, mashed	Parmesan cheese, grated
1 lb. raw shrimp, shelled	
$\frac{1}{4}$ tsp. pepper	
1 (7 oz.) can minced clams (undrained)	

Cook spaghetti. Drain and toss with $\frac{1}{4}$ cup butter. Place in a serving bowl and keep hot. Melt $\frac{1}{2}$ cup butter in pan; add garlic and shrimp. Simmer for 5 minutes. Add pepper, clams, crabmeat, onions, and parsley. Simmer for 5 more minutes. Spoon sauce over spaghetti. Sprinkle with cheese. Serves 6.

MALIBU CASSEROLE

1 jar marinated artichoke hearts	2 cans (8 oz.) Pillsbury crescent rolls
1 to 2 medium zucchini	Romano and Parmesan cheeses
1 (8 oz.) container sour cream	
Monterey Jack cheese, grated	
10 to 15 large fresh mushrooms	

Seasonings:

SPIKE

Cayenne pepper

Garlic powder

Salt

Chop artichoke hearts, mushrooms, and zucchini; set aside. Spread 1 can of crescent rolls on bottom of a 9x13 inch baking pan. Bake at 350° until golden brown, about 10 minutes. To chopped vegetables, add seasonings according to taste. Mix in sour cream and sprinkle of Roman and Parmesan cheeses. Spread mixture on baked crust. Sprinkle with grated Monterey Jack cheese. Spread second can of crescent rolls over mixture. Sprinkle Romano and Parmesan cheeses. Bake at 375° until golden brown, about 20 minutes. Cut and serve hot.

MARY LOU'S SPAGHETTI SAUCE

1 lb. ground beef

1/4 c. olive oil

1 clove garlic, chopped fine

1 large Maui onion, chopped

1 large can tomatoes

2 tsp. salt and some pepper

1 Tbsp. sugar

2 Tbsp. margarine or butter

1 bell pepper, sliced

1 can mushrooms (stems and pieces)

3/4 can tomato paste

Slowly fry ground beef, garlic, pepper, and onion in olive oil and butter for 5 minutes. Add mushrooms, tomatoes, tomato paste, salt, pepper, and sugar. Simmer for 1 1/2 hours. Add a little water if needed. Stir now and then. Cook spaghetti as usual and add a little butter and garlic powder.

KIM CHEE BEEF PATTIES

1/2 lb. beef flank steak

1/4 c. shoyu

3 eggs

1 Tbsp. sugar

1 or 2 stalks green onions

1/2 bottle (1 pt.) cabbage kim chee

1/2 c. flour

Cut meat into thin slices, then into thin strips. Season with shoyu and sugar; let stand to marinate. Slice green onions. Squeeze juice from kim chee and mince. Beat eggs in a large bowl and stir in marinated beef, onions, kim chee, and flour. Make patties. Fry and serve.

HERB AND SPICE STEAK

1/2 c. oil	1/4 tsp. salt
1 c. cider vinegar	1/2 tsp. marjoram
1/3 c. brown sugar	1/2 tsp. rosemary
2 garlic cloves, minced	6 (8 oz.) New York strip loin steaks
3/4 c. minced onion	
1/4 tsp. cayenne pepper	

Heat the oil, vinegar, sugar, garlic, onions, and seasonings together. Boil for 2 minutes; remove from heat and cool. Place steaks in a deep pan. Pour the cool marinade over the steaks. Refrigerate for 6 to 8 hours or overnight. Remove steaks and broil to your liking. Makes 6 servings.

GROUND BEEF WITH MACARONI

3 Tbsp. oil	1 can button mushrooms
1 clove garlic, mashed	1 lb. elbow macaroni, cooked
1 lb. ground beef	1 c. Cheddar cheese, grated
1 chopped round onion	

Sauce:

1 can tomato sauce	Hawaiian salt to taste
1 pkg. spaghetti mix	1/2 tsp. black pepper
1 c. water	

Heat oil; brown garlic and discard. Saute beef and onion till brown. Add mushrooms. Stir in sauce. Bring to a boil. Cover and simmer for 15 minutes. Add macaroni to sauce. Top with cheese. Cover and simmer for 10 minutes.

HAMBURGER CURRY

2 lb. ground beef	1 or 2 carrots, cubed
1 medium onion, diced	2 medium potatoes, cubed

Seasonings:

3/4 tsp. curry powder	1 tsp. salt
1/2 tsp. pepper	

Brown ground beef; drain excess fat. Add onion and fry until golden brown. Add seasonings. Add 3 to 4 cups water to cook mixture, as in stew. Add carrots and potatoes. Cook until done. Thicken with flour or cornstarch mixture.

TERIYAKI ROLL

1 lb. sukiyaki meat	1/2 c. soy sauce
5 to 8 string beans	1/2 c. sugar
1 small carrot	1/2 tsp. salt (optional)
1 small burdock root	1/2 tsp. MSG (optional)
1 piece ginger root, grated	1 clove garlic, crushed

Cut carrot, beans, and burdock root into long strips. Steam till tender. Roll 1 strip each of carrot, bean, and burdock root in sukiyaki meat. Marinate for at least 1 hour in sauce. Broil in oven or over charcoal or fry in shallow oil. Cut diagonally.

TERIYAKI MEATLOAF

2 lb. hamburger	4 slices bread
1 round onion, chopped	2 eggs
1/2 c. milk	
Sauce:	
1 Tbsp. mayonnaise	1/4 c. sugar
1/2 c. shoyu	1 tsp. aji (optional)

Mix meat and onions. Combine egg and milk; beat well. Pour milk mixture over crumbled bread and combine with meat. Combine sauce ingredients and mix into meat. Shape meat mixture into a loaf. Place in pan and bake at 350° for 45 minutes.

KOREAN BARBECUE RIBS

3 lb. short ribs	1/2 tsp. black pepper
3 Tbsp. sesame seeds	1/4 c. water
1/2 c. shoyu (1/4 c. if miso used)	3 Tbsp. salad oil
1 clove garlic	1/3 c. chopped green onions
1 Tbsp. sugar or 3 Tbsp. honey	1 piece ginger
	1/2 tsp. ajinomoto
	Miso (optional)

Combine well all the ingredients, except meat. Marinate meat for 2 to 3 hours at least, or overnight.

SWEET-SOUR SPARERIBS

4 lb. spareribs	1 tsp. salt
5 Tbsp. vinegar	1 clove garlic, grated
1 1/2 c. water	1 inch ginger, grated
1/2 c. raw sugar	Cornstarch (thickening)

Boil spareribs in water for 10 minutes. Drain and brown in pot with a little oil. Combine the rest of the ingredients and pour over ribs. Simmer ribs till tender. Thicken with cornstarch mixed with water.

BARBECUE SAUCE

1 c. granulated sugar	3/4 c. shoyu
1 c. ketchup	1/3 c. oyster sauce

Combine ingredients and mix well. Pour over beef ribs, pork ribs, or chicken pieces. Marinate for 2 to 3 hours (longer if preferred). Broil in oven until done. Pork ribs may be boiled and drained before marinating.

SWEET-SOUR SPARERIBS

3 lb. spareribs (1 1/2 inch pieces)	Cooking oil
3 Tbsp. shoyu	1 tsp. salt
2 Tbsp. ginger juice	1 c. cider vinegar
1 clove garlic, minced	1 1/4 c. sugar
4 Tbsp. cornstarch	1 1/4 c. water

Soak spareribs in the shoyu, ginger juice, garlic, and cornstarch for about an hour. Deep-fry in the cooking oil, turning frequently to prevent sticking. When brown, remove ribs and drain on paper towels. Combine salt, vinegar, sugar, and water in saucepan. Add spareribs. Simmer until tender, about 20 to 25 minutes. Pineapple chunks may be added after spareribs are cooked.

OKINAWAN-STYLE PORK BUTT

6 lb. pork butt	2 Tbsp. sake
1 c. shoyu	1 inch ginger, crushed
2 c. water	2 cloves garlic, grated
3/4 c. sugar	

Combine ingredients; bring to a boil. Add pork; cook on high till sauce boils, then lower heat to medium. Cook for 2 hours. Slice and serve.

ONO PORK ROAST

3 to 4 lb. pork butt	2 tsp. MSG
1 large garlic, minced	2 tsp. Kitchen Bouquet
2 tsp. salt	1 c. water
1 tsp. pepper	1/4 c. shoyu

Rub garlic, salt, pepper, and MSG on all sides of roast, then rub in the Kitchen Bouquet. Brown roast in a large pot on all sides. Add shoyu and water. Let liquid come to a boil; lower heat and simmer for 3 1/2 hours, turning roast occasionally. With sauce remaining, make gravy to serve with pork.

BARBECUED RIBS (Don Beachcomber)

2 1/2 lb. pork ribs	3/4 c. sugar
1/2 c. catsup	1 clove garlic, chopped
1/2 c. shoyu	1 Tbsp. ginger, chopped
2 Tbsp. wine	1 Tbsp. Worcestershire sauce

Boil spareribs in as little water as possible until tender. Drain and cool a bit. Rub sauce on each rib and broil over coals or in oven.

CHAR SIU

2 1/2 to 3 lb. pork butt	3/4 c. sugar
1 Tbsp. Hawaiian salt	1 tsp. red food coloring
1/2 c. char siu sauce or 1 pkg. commercial char siu dry mix	

Slice pork into 1/2 to 3/4 inch pieces. Combine with all the other ingredients. Marinate in refrigerator for 1 day or more. Turn pork over periodically. Bake in a 300° oven for about 1 hour.

SWEET SOUR SPARERIBS

3 to 4 lb. spareribs	1/2 c. vinegar
3/4 c. raw sugar	4 cloves garlic, crushed
1/4 c. shoyu	Ginger, crushed

Combine ingredients, except spareribs, in a large pot and heat until well blended. Add spareribs; simmer until tender. Prepare cornstarch and water mixture for thickening and add before serving. May be served with daikon and carrots, which have been salted and squeezed.

Chicken pieces may be used instead of spareribs.

MISO PORK BUTT

3/4 c. miso	1 clove garlic, crushed
3/4 c. soy sauce	3 1/2 lb. pork butt
2/3 c. sugar	
1 (1 inch) piece ginger, crushed	

Combine miso, soy sauce, sugar, ginger, and garlic. Pour over pork in a Dutch oven. Cover and simmer for 2 1/2 to 3 hours or until done. Spoon the drippings over the pork occasionally.

PERFECT CORNED BEEF HASH

2 large Irish potatoes	1 large can corned beef
1 egg	1 round onion, chopped
Salt and pepper to taste	Ajinomoto (optional)

Boil potatoes and mash while still hot. Mix in remaining ingredients. Form into patties. Fry until brown and golden on each side in heated oil.

TOFU TUNA PATTIES WITH KOREAN SAUCE

1 (20 oz.) block tofu	1 1/2 c. chopped green onions
1 can tuna	1/4 c. shredded carrots
2 eggs	1/2 tsp. salt
Sauce:	
3 Tbsp. shoyu	1 Tbsp. minced green onion
2 Tbsp. sugar	1 tsp. roasted sesame seeds
1 clove grated garlic	2/3 c. water
1 tsp. grated ginger	1 heaping Tbsp. cornstarch
1 Tbsp. sesame oil	Dash of pepper

Drain tofu well; squeeze tofu. Mix rest of the ingredients with tofu and form patties. Fry in a little oil. Put sauce ingredients in pot. Heat until thickened. Pour over patties just before serving.

TUNA OKARA PATTIES

3 eggs, slightly beaten	1/4 c. grated carrot
1/4 c. milk	1/2 tsp. salt
1 (6 1/2 oz.) can tuna	1/4 tsp. monosodium glutamate
1 c. okara	Dash of pepper
1/4 c. chopped onion	
2 green onions, chopped	

Preheat electric griddle to 385°. Combine eggs and milk. In a large bowl, mix tuna with remaining ingredients. Stir in egg mixture. Grease griddle lightly. Drop mixture by spoonful onto hot griddle and fry until patties are lightly browned on both sides, turning once. Makes 6 servings.

LUP CHEONG AND TOFU

4 Lup Cheong (Chinese sausage)	1 medium round onion, sliced
1 Tbsp. oil	4 stalks green onions, sliced into 2 inch lengths
3/4 c. water or stock	1 block tofu, cut into squares
Ginger, grated (a small amount)	3 Tbsp. Chinese brown bean sauce
Gravy:	
1/4 c. water or stock	1 1/4 tsp. sugar
1 tsp. cornstarch	Dash of salt
1 tsp. shoyu	Dash of MSG (optional)

Steam Lup Cheong for 15 minutes and slice into diagonal pieces. Heat oil; add Lup Cheong and ginger. Stir-fry and drain off excess oil. Mix bean sauce and water or stock. Mix well and add to Lup Cheong. Simmer for 5 minutes. Add tofu and round onions. Pour gravy ingredients, stirring carefully, not to break tofu. Allow mixture to simmer for 3 more minutes. Add green onions and heat another minute.

SIMMERING TOFU (Yudofu)

1/2 tofu	2 Tbsp. shoyu
Water and dashi-no-moto (1 tsp.)	2 Tbsp. water
2 (1x1 inch) konbu	1/4 c. katsuo bushi flakes
Dashi-joyu (dipping sauce)	2 tsp. chopped green onion (optional)

In a shallow big pot, place tofu cubes (about 1x1 inch); pour water and dashi until all are covered. In the center of pot, put dipping sauce in a custard cup. Cook on medium heat until tofu starts to shake; remove from heat. Never boil. Dip tofu when you eat. Makes 2 to 3 servings.

PORTEGUESE SAUSAGE WITH TOFU

1 lb. Miko Portuguese sausage, sliced	2 Tbsp. shoyu
1 small round onion, sliced	1 tsp. brown sugar
1 block tofu, cut into 12 pieces	Dash of MSG
	1/2 c. green onion, cut into 2 inch lengths

Cook sausage for about 5 minutes. Add tofu, sugar, and MSG. Cover and simmer over medium heat for about 10 minutes. Add green onions and stir lightly. Cover and cook for 5 minutes more. Serves 3 to 4.

CHILE RELLENOS

3 cans (4 oz.) peeled green chiles	1 pkg. Monterey Jack cheese
	1 (8 oz.) pkg. cream cheese
Batter:	
6 eggs	1/2 tsp. salt
6 Tbsp. flour	1/4 tsp. paprika

Cut cheeses into small chunks and wrap one of each in half of a chile cut in half.

Batter: Whip 6 egg whites till stiff. Add 3 tablespoons flour and whip. Combine and beat 6 egg yolks, 3 tablespoons flour, 1/2 teaspoon salt, and 1/4 teaspoon paprika. Fold yolk mixture gently into egg whites. (Suggestion: Make 2 separate batches of batter.) Heat oil to 350°F. Put a little batter on a plate; put stuffed chile on top. Add a little more batter, being sure to seal the edges. Slide carefully into hot oil and fry till golden brown. Drain. Add to sauce.

CHILE RELLENOS SAUCE

1 can chicken broth	1 1/2 tsp. salt
1 can tomatoes (1 lb. 12 oz.)	1/2 tsp. pepper
1 Tbsp. salad oil	1 Tbsp. sugar
1/2 onion, chopped	1 tsp. oregano
1 clove garlic	

Saute onions and garlic. Add rest of ingredients. Simmer for a few minutes. Pour over chile rellenos and simmer for a few minutes more.

TOFU CASSEROLE

1 block tofu	1/2 c. chopped onion
1/2 c. ground pork	3/4 c. bread crumbs
1 can cream of mushroom soup	2 Tbsp. shoyu
1 small carrot, grated	1 tsp. salt
2 eggs, beaten	Dash of monosodium glutamate

Drain tofu well, then mash together with the ground pork. Add all other ingredients, reserving 1/4 cup of the bread crumbs. Mix well and place in a greased casserole. Top with the remaining crumbs. Bake in a preheated 375° oven for about 30 to 40 minutes.

TOFU PATTIES

1 block tofu, squeezed well in cloth to take all excess water out	2 eggs
1 Tbsp. cornstarch	Finely chopped carrots
1 1/2 tsp. salt	Finely chopped string beans
1/2 tsp. MSG	Finely chopped parsley
	Finely chopped green onions

Grind tofu in kagatsu; add all ingredients, except vegetables. Grind until all large lumps are gone. Add vegetables as desired and make small patties (like corned beef patties). Fry in 1/2 inch oil.

YAKIDOFU (Fried Tofu)

1 block tofu	Oil
Salt	
Sauce:	
1/2 c. miso	1 tsp. MSG
3 Tbsp. sugar	Grated ginger or prepared dry
1/4 tsp. salt	mustard

Slice tofu into 6 pieces. Pat each dry with paper towel. Salt lightly. Fry in hot oil until lightly browned on each side. Serve with miso sauce.

TOFU PATTY

2 heaping tsp. no cholesterol powdered Lite Egg	1/2 tsp. garlic powder
6 Tbsp. lukewarm water	Dash of black pepper
1/2 block Kanai Tofu brand tofu (firm)	1/2 c. coarsely grated carrots
1/2 c. ground chicken or turkey	1/4 c. finely chopped round onion
1/2 c. slivered string beans	1/4 tsp. salt

Let tofu stand in a strainer for 2 to 3 hours in refrigerator. Mash drained tofu. Combine powdered Lite Egg and water. Use a wire whip to dissolve. Add tofu and other ingredients. Mix well with fork. Form patties. Fry in a T-Fal frying pan using a small amount of no cholesterol oil on moderate heat until done.

TOFU AND KOGAI

- 1 block tofu
1 can ajitsuke kogai
(seasoned clams)

Sauce:

3 Tbsp. shoyu	1 Tbsp. cornstarch
1 Tbsp. sugar	1 Tbsp. water
1/2 can water (rinse can)	Ajinomoto

Mix sauce and bring to a boil in a large saucepan. Cut tofu into cubes and add to the sauce. Sprinkle kogai over the tofu and simmer for about 5 minutes or until thoroughly heated. You may add more sugar to the sauce according to your taste.

MOCK CHICKEN TOFU

- 1 block tofu
1 Tbsp. water
2 Tbsp. shoyu

3 Tbsp. nutritional yeast
(more, optional)

Dry tofu. Wrap in paper towel and terry dish towel. Place a heavy object (5 to 8 pounds) on top and let sit for 2 to 3 hours. Tear tofu into pieces. Heat pan with 2 tablespoons oil and fry to a golden brown. Turn heat off. Combine shoyu and water. Sprinkle over tofu in the pan and stir to coat tofu. Sprinkle yeast over. Again, stir to coat.

KONBU MAKI (Seaweed Roll)

2 pkg. nishime konbu	1/4 c. soy sauce
1 lb. pork	2 tsp. salt
1 pkg. kampyo	6 Tbsp. raw sugar
2 medium size gobo	1 tsp. MSG

Wash konbu and cut into 5 inch lengths, 2 inches wide. Cut pork into $\frac{1}{2} \times \frac{1}{2} \times 2$ inches. Cut gobo julienne style into 2 inch lengths. Place strip of pork and gobo on one end of konbu strip; roll and tie with kampyo. Put konbu maki in a pot and water to cover. Cook until konbu is tender (pressure cooker - 12 to 15 minutes). Add soy sauce, salt, sugar, and MSG; cook for another 30 minutes.

MABO DOFU

1 tofu, drained	1 Tbsp. miso or 1 tsp. dark miso
$\frac{1}{4}$ to $\frac{1}{2}$ lb. ground pork	3 Tbsp. soy sauce
2 to 3 stalks green onions, chopped	1 tsp. sugar
1 piece ginger, minced	1 c. soup stock or water
1 clove garlic, minced	2 tsp. cornstarch, dissolved in water
Pinch of red pepper flakes	
2 Tbsp. oil	

Heat oil; saute ginger, garlic, pepper, and half of green onions. Add pork and cook until done. Add miso and stir well. Add soup stock and continue stirring. Add soy sauce, sugar, and dash of MSG (optional). Thicken with cornstarch-water mixture. Add tofu and simmer, pouring sauce over tofu. Add rest of green onions.

ABURAGE ROLL

3 stalks green onions, chopped	1 egg
$\frac{1}{2}$ c. potato starch or cornstarch	2 slices bread, torn to bits
1 $\frac{1}{2}$ lb. ground lean pork	1 Tbsp. sake
8 pieces aburage	1 $\frac{1}{2}$ tsp. salt
Sauce:	4 tsp. shoyu
1 c. soup stock or water	3 Tbsp. sugar
4 Tbsp. shoyu	Aji (optional)
$\frac{1}{2}$ tsp. salt	

Pour hot water over aburage; cut open into squares and remove most of white center. Cook in sauce. Mix together pork, eggs, onions, bread, sake, salt, shoyu, and aji. Open aburage flat and sprinkle starch on it. Spread pork mixture on aburage and roll. Fasten with toothpicks or tie with kanpyo; steam for about 45 minutes. Cut into portions and serve. Make gravy with remaining sauce, using starch for thickening.

SHABU-SHABU BUTTER YAKI SAUCE

1/3 c. lime or lemon juice	2 Tbsp. sesame seed, toasted and ground
1/4 c. mirin	
1 c. sugar	1 tsp. MSG (optional)

Heat to dissolve sugar. If too sweet, add more lime juice.

ODEN 1

15 dried shrimp	8 aburage, cut in halves
4 c. water	2 daikon, cut in big chunks
2 pieces nishime konbu (3 inches)	10 araimo
4 heaping Tbsp. raw sugar	4 pieces konnyaku, cut in big chunks
1/3 c. shoyu	1 can oyster mushrooms
1 tsp. MSG	5 pieces stick tempura, cut in halves
1 tsp. salt	
6 chicken thighs, cut in halves	

Boil shrimp and konbu in water briskly; strain, saving liquid. Add sugar, shoyu, MSG, salt, and thighs. Boil for 15 minutes. Add the rest of the ingredients; bring to a boil and simmer for about 1/2 hour.

ODEN 2

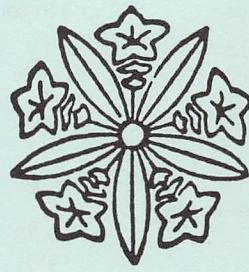
1 to 2 Pake daikon (radish) or 1 long daikon	4 inches Dashi Konbu
6 to 8 Araimo (dasheen)	1/2 c. Shoyu
1 pkg. (2 pieces) Tempura	1 tsp. salt
1 pkg. (2 pieces) konnyaku	1 pkg. dashi-no-moto
1 Chikuwa	2 Tbsp. sugar
Dashi (soup stock)	2 Tbsp. hot mustard (optional)
8 c. water	

Cut daikon into 1 inch slices and boil in hot water; drain. Peel Araimo and wash in salted water. Cut Konnyaku into big triangles and boil in the salted water; drain. Slice Chikuwa into 1 1/2 inch thickness.

Cut Tempura into fourths. In a big thick pot, place konbu in the bottom and place all the ingredients on layers. Pour soup stock until ingredients are covered. Cook for about 2 hours on *medium* to *low* heat. Add remained soup stock when needed. Serve with mustard. Makes 4 to 5 servings.

Notes

*Breads, Pasta,
Potatoes,
Rice Dishes*



FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 lb.	3/4 to 1 lb.	1 1/2 lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1 1/2 qt.	2 1/2 to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1 3/4 to 2 qt.	2 1/2 to 4 qt.
Jams & preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7 1/2 lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4 1/4 qt.	2 1/4 gal.	4 1/2 gal.
Scalloped potatoes	4 1/2 qt. or 1 12x20" pan	8 1/2 qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gal.	2 1/2 gal.	5 gal.
Baked beans	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Jello salad	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Canned vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	3 1/2 lb.	75 lb.	150 lb.
Fruit cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	3/4 pt.	1 1/2 to 2 pt.	3 pt.
Ice Cream:			
Brick	3 1/4 qt.	6 1/2 qt.	12 1/2 qt.
Bulk	2 1/4 qt.	4 1/2 qt. or 1 1/4 gal.	9 qt. or 2 1/2 gal.
Beverages:			
Coffee	1/2 lb. and 1 1/2 gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 1 1/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

BREADS, PASTA, POTATOES, RICE DISHES

SCONES

2 blocks margarine
4 c. flour
1 (8 oz.) container plain yogurt

$\frac{1}{3}$ c. sugar
2 Tbsp. baking powder

Cream margarine and sugar well in a large bowl. Sift dry ingredients and add to creamed mixture alternately with yogurt, beginning and ending with flour. Knead gently 15 times. Shape dough into four 6 inch circles. Cut into pie shapes. Bake on an ungreased sheet at 425° for 12 minutes.

ONO BISCUITS

2 c. flour
4 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ c. sugar

4 heaping Tbsp. Crisco
1 egg, beaten and milk added to make $\frac{3}{4}$ c.

Sift all dry ingredients together two times. Cut in shortening until mixture resembles coarse crumbs. Add milk mixture all at once and stir just until dough follows fork around the bowl. Roll out $\frac{1}{2}$ inch thick and cut with a biscuit cutter. Bake on an ungreased cookie sheet in a 450° oven for 12 minutes. Makes about 16 biscuits.

CINNAMON FRUIT BISCUIT

1 (10 oz.) can refrigerated biscuits
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ tsp. cinnamon

$\frac{1}{2}$ block butter, melted
 $\frac{1}{4}$ c. fruit preserves (may use fruit pie filling or jam)

Preheat oven to 375°F. Separate biscuits. Combine sugar and cinnamon in a dish. Dip biscuits in melted butter, then into sugar-cinnamon mixture. Make a deep thumbprint in each biscuit. Fill each with fruit preserves. Bake for 15 to 20 minutes or until golden brown. Serve piping hot.

BUTTERMILK PANCAKES

2 c. flour	1/4 c. salad oil
4 Tbsp. sugar	4 tsp. baking powder
1 1/2 c. buttermilk (milk = 1 1/2 Tbsp. vinegar)	1/2 tsp. salt
	1 egg

Combine dry ingredients. Mix well. Combine wet ingredients, beating egg with fork. Combine dry and wet ingredients. Mix gently. Do not overbeat. Batter may be lumpy.

LAVOSH 1

2 3/4 c. flour	1/2 c. sugar
1 c. buttermilk	1 block butter
1/2 tsp. salt	1/2 tsp. baking soda
Sesame seeds, poppy seeds	

Cut shortening into dry ingredients. Stir in milk. Knead slightly. Roll out a small amount at a time on pastry cloth. Transfer to cookie sheet. Sprinkle seeds. Roll seeds into dough with rolling pin. Bake at 350° until lightly browned.

LAVOSH 2

4 c. flour	2 eggs
2 Tbsp. shortening	1 tsp. salt
1 c. milk	1 Tbsp. sugar

Cut shortening into flour, salt, and sugar. Add eggs and milk. Form into a ball. Divide into 4 balls. Roll out on pastry cloth. Roll onto rolling pin and transfer to cookie sheet. Sprinkle sesame and/or poppy seeds. Roll seeds into dough with rolling pin. Bake at 375° for 15 minutes.

PEANUT BUTTER BREAD

4 Tbsp. peanut butter	1 c. flour
4 Tbsp. butter	1/2 tsp. salt
2 Tbsp. sugar	1 tsp. baking powder
1 egg	1/2 c. milk

Preheat oven to 350°F. Cream together the peanut butter, butter, and sugar. Add the egg. Blend in the flour, salt, and baking powder. Slowly blend in the milk. Pour into a greased loaf pan. Bake in oven for 45 to 50 minutes. Turn out on a wire rack to cool. Makes 1 loaf.

MANGO FRUIT BREAD

4 c. flour	6 eggs, beaten
4 tsp. baking soda	1 c. vegetable oil
3 tsp. cinnamon	2 tsp. vanilla
1 tsp. salt	2½ c. chopped mango
2½ c. sugar	2 bananas
1 c. raisins	½ c. crushed pineapple
1 c. chopped nuts	

Mix dry ingredients well. Add raisins and nuts. Make a well and add beaten eggs, oil, and the rest of the ingredients. Mix well and let stand for 20 minutes. Pour into a 9x13 inch pan. Bake in a 350° oven for 1 hour.

BRAN MUFFINS

4 eggs	3 c. sugar
5 c. flour	2 tsp. salt
5 tsp. baking soda	1 (15 oz.) box raisin bran
1 c. oil	cereal
1 qt. buttermilk	

Mix all together. Refrigerate overnight before making muffins. Fill foam coffee cups ½ full of batter. *Microwave* on HIGH for 1½ minutes. Remove muffin immediately from cup. If you reuse cup, spray with Pam first. Batter may be kept up to six weeks in refrigerator.

MAPLE OAT MUFFINS

1 c. all-purpose flour	¾ c. oat bran
½ c. All-Bran	1 c. rolled oats
1 Tbsp. baking powder	1 egg
1½ c. buttermilk	⅓ c. maple syrup
¼ c. oil	1½ tsp. vanilla
⅓ c. raisins (optional)	

1. Sift together flour, oat bran, and baking powder. Mix in rolled oats.
2. Combine milk, oil, maple syrup, and vanilla. Beat in egg. Add All-Bran to soften.
3. Combine both mixtures. Stir just until dry ingredients are moistened. Pour into 12 paper lined muffin cups.
4. Bake at 400° for 20 minutes or until golden. Freezes well.

BANANA BREAD

**1/2 c. shortening
1 c. raw sugar
2 eggs
1/2 tsp. salt**

**2 c. flour
1 tsp. baking soda
1/4 c. nuts
4 bananas, mashed**

Cream shortening and raw sugar; add beaten eggs and flour with baking soda and salt. Next, add nuts and mashed bananas. Pour into a greased loaf pan and bake at 350° for 1 hour.

EASY WHITE BREAD

**2 c. unsifted flour
1/4 c. sugar
1 Tbsp. salt
2 pkg. dry yeast**

**2 1/4 c. milk, scalded
1/4 c. oil or melted shortening
1 beaten egg
4 1/2 to 5 c. additional flour**

Measure 2 cups flour in a large mixing bowl. Add sugar and salt; mix. Sprinkle yeast on flour mixture; stir to distribute. Heat milk in a saucepan; add oil to milk and then add beaten egg. Pour all at once to flour mixture and beat. Gradually add more flour, 1 cup at a time. Do not add more than 5 cups. Knead on a floured board for 1 minute. Cover and let rise for 45 to 60 minutes. Shape into 2 loaves; cover and let rise again for 35 to 40 minutes. Bake at 350°F. for 40 minutes or until golden brown and has a hollow sound when tapped.

SALLY LUNN BREAD

**3 3/4 to 4 c. flour
1/4 c. sugar
1 pkg. active dry yeast
1 tsp. salt
1 c. milk**

**1/4 c. water
1/2 c. butter or margarine, cut
in chunks
3 eggs (at room temperature)**

In a large mixer bowl, mix well 1 cup flour, the sugar, yeast, and salt; set aside. Heat milk, water, and butter over low heat until liquids are very warm (120° to 130°); butter need not melt. Gradually beat into flour mixture. Beat at medium speed for 2 minutes, scraping bowl occasionally. Add eggs and 1 cup flour; beat at high speed for 2 minutes, scraping bowl occasionally. Stir in enough remaining flour to make a stiff batter; cover.

Let rise in a warm draftfree place, about 1 hour or until doubled. Stir down; spoon into a well greased and floured 9 inch tube pan. Cover; let rise in a warm draftfree place for 45 minutes or until doubled.

Bake in a preheated 400° oven for 30 minutes or until top is golden. Turn out on rack. Serve warm or let cool completely.

Best served warm with butter or marmalade. Leftovers are great toasted and buttered.

SWEET ROLLS DOUGH

1 c. milk, scalded	1 pkg. dry yeast
1/2 c. shortening or margarine	3 beaten eggs
1/2 c. plus 1 Tbsp. sugar	4 1/2 c. unsifted flour
1 tsp. salt	

Heat milk, shortening, sugar, and salt. Cool to lukewarm. Add beaten eggs. Add yeast and stir well. Add flour, 1 cup at a time. Mix until smooth and soft. Beat 250 strokes by hand or for about 4 minutes at medium on the electric mixer. Knead dough on a lightly floured board. Place dough in a greased bowl; cover and let rise until at least double in bulk. Divide dough into thirds; roll out and cut with a floured cutter. Brush with melted butter and fold in half. Arrange in a greased baking pan. Brush top with melted butter. Cover and let rise. Bake in a hot oven, 400°F., for about 15 minutes or until golden brown.

Variation - Cinnamon Rolls:

Make cinnamon rolls using sweet dough recipe. Roll dough into an oblong 9x18 inches. Spread with 1/2 cup melted butter; sprinkle with 1/2 cup sugar and 2 teaspoons cinnamon mixture. Roll up tightly in jelly roll style, beginning at the wide end. Seal well by pinching edges of roll together. Cut roll into 1 to 1 1/2 inch lengths.

POCKET BREAD (Pita)

2 env. dry yeast	2 1/2 c. warm water
1 tsp. sugar	1 Tbsp. salt
1 Tbsp. corn oil	6 c. (about) unsifted flour

Dissolve yeast in warm water in a large bowl. Stir in sugar, salt, oil, and flour to make a sticky dough. Turn out on floured pastry cloth and knead until smooth and elastic. Shape into a 12 inch log. Cut into 12 equal pieces. Form a ball with each piece. Roll out each ball to 1/8 inch thickness. Place on a well floured surface and cover with a cloth.

Let rise for about an hour or until dough has risen to double its height. Turn over and place on ungreased cookie sheet. Bake 2 pans at a time in a 450° oven for 5 minutes or until bread puffs up. Place

under broiler until slightly browned. Remove from oven. Cover breads with towel until cooled.

MANAPUA BUN

1 pkg. yeast	1 c. scalded milk
1/4 c. lukewarm water	2 eggs, beaten
1/2 tsp. sugar	4 c. flour
1/2 c. shortening	2 tsp. salt
1/4 c. sugar	

Combine yeast, water, and sugar; set aside. Add shortening and sugar to scalded milk. Cool. Add eggs and yeast mixture to cooled milk. Add half of flour to milk mixture and beat thoroughly. Stir in remaining flour sifted with salt. Place in an oiled bowl; cover tightly and refrigerate. When ready to use, remove from refrigerator; shape immediately. (Fill with favorite filling.) Cover with a cloth and allow to rise for 2½ to 3 hours till double. Steam or bake. Makes 2½ dozen medium rolls.

PIZZA CRUST

2 pkg. yeast	2 1/4 c. warm water
7 to 7 1/4 c. flour	3 Tbsp. sugar
1 Tbsp. salt	2 Tbsp. Crisco

Dissolve yeast in water. Add sugar, salt, and Crisco. Beat in flour, 1 cup at a time. Knead on a pastry cloth. Place dough in a greased bowl and let rise until doubled in size. Punch down. Knead to let air out. Divide dough into 3 balls. Roll out and spread dough on a 13 to 15 inch round pizza pan that has been greased and sprinkled with corn meal. Do the same with rest of dough.

Prebake dough. Let dough rise for about 10 minutes in pan. Bake in a 425° oven for about 10 minutes. Do not brown. Press air out if dough should bubble while baking. Cool and store (freeze) for later use or top with sauce, cheese, and other toppings. Bake in a 425° oven for about 20 minutes. Do not let cheese burn. Makes 3 (13 to 15 inch) large pizzas.

SOFT PRETZELS

1 pkg. yeast	4 c. flour
1 1/2 c. warm water	1 Tbsp. sugar
1 Tbsp. salt	1 beaten egg
Some coarse salt	

Mix yeast, water, sugar, and salt. Add the flour; mix well. Place the dough on a floured pastry cloth and knead dough until smooth. Cut off pieces and make them into the shapes you like, but don't make them too thick or they'll be doughy (and not too thin). Place on a cookie sheet. Brush beaten egg on pretzels. Sprinkle with coarse salt. Bake at 425° for 12 to 15 minutes or until golden brown.

CHINESE DOUGHNUTS

**1 1/4 c. brown sugar
3 3/4 c. mochi flour
1/4 c. sesame seed oil**

**1 1/2 c. water
1 tsp. sherry**

Filling:

**1/2 c. grated coconut
3 Tbsp. sugar**

**1/2 c. crushed, roasted
peanuts**

Combine filling ingredients. Dissolve brown sugar in hot water; cool. Stir enough liquid into flour to make a stiff dough (do not knead). Add sherry. Shape into a roll, 1 1/2 inches in diameter. Cut in 1/2 inch slices; flatten. Place in a small amount of filling in center; pinch edges together and roll into a ball. Roll in sesame seeds. Deep-fry until golden brown.

CHEWY DOUGHNUTS

**2 pkg. yeast
7 to 7 1/4 c. flour
1 Tbsp. salt**

**2 1/4 c. warm water
3 Tbsp. sugar
2 Tbsp. Crisco**

Dissolve yeast in water. Add sugar, salt, and Crisco. Beat in flour, 1 cup at a time. Knead on pastry cloth. Place dough in a greased bowl and let rise until doubled in size. Punch down. Knead slightly and roll out. Cut into doughnut shape. Place on greased cookie sheets; let rise. Deep-fry on moderate heat. Roll in sugar when cool.

POTATO DOUGHNUTS

**1 c. mashed potato
1 pkg. yeast
1 c. scalded milk
2/3 c. sugar
6 to 7 c. flour**

**2 eggs
1/2 c. warm water
2/3 c. Crisco
2 tsp. salt**

Dissolve yeast in warm water. Blend mashed potato and Crisco well. Add sugar, salt, and mix. Add milk, well beaten eggs, and yeast.

Mix well. Add flour until dough is not sticky. Cover and let rise until double in bulk. Punch down; knead slightly. Roll out and shape into doughnuts. Let rise again until double in size. Deep-fry. Roll in sugar when cool.

QUICK CHOW MEIN

2 pkg. chow mein noodles	1/2 pkg. bean sprouts, washed and drained
1/2 lb. char siu, sliced	1/2 bunch green onion, cut in 1 inch lengths
1/2 bunch watercress, washed, drained, and cut into 1 inch lengths	1 small onion, sliced
Sauce:	
1/2 c. peanut oil	Dash of MSG
2 Tbsp. shoyu	1/2 tsp. garlic powder
2 Tbsp. oyster sauce	

Combine chow mein noodles and remaining ingredients in a glass casserole dish and mix lightly together. Combine sauce ingredients in a jar and shake thoroughly. Pour over chow mein ingredients and mix lightly. Cover dish with plastic wrap and microwave on HIGH for 6 to 8 minutes or until heated through.

DRY MEIN

6 pieces chicken thighs, deboned and cut small	1 Tbsp. salt
1 small head cabbage, cut in 1/4 inch strips	1/4 tsp. sugar
1/2 tsp. black pepper	1/2 c. oil
1/2 tsp. MSG	2 tsp. shoyu
	4 lb. saimin

Heat oil; add chicken and brown. Add all the seasonings and cook until done. Add cabbage and toss over until half done; set aside. Boil saimin and cool under running water. Drain and put in chicken mixture. Toss well and put on a large platter. Garnish with shredded eggs, char siu, and green onions.

Eggs for topping:

4 eggs	1/2 tsp. cornstarch with 1 1/2 tsp. water
1/2 tsp. salt	

Combine all ingredients and beat well. Fry in thin sheets. Cut in shreds for topping.

SWEET POTATO TEMPURA BATTER

2 c. flour	1/2 c. sugar
4 tsp. baking powder	1 tsp. salt
1 1/2 c. milk (1/2 evaporated milk and 1/2 water)	

Sift flour, baking powder, and salt. Add sugar. Stir in milk gradually. Mix until batter is smooth.

MOJO POTATOES

6 large potatoes	1/4 tsp. cayenne pepper
1/2 tsp. thyme	1/2 tsp. chili powder
1/2 tsp. basil	1 1/2 c. flour
1/2 tsp. oregano	1 egg
1 tsp. salt	1/3 c. milk
1/2 tsp. pepper	1/4 c. oil
1 1/2 tsp. paprika	

Preheat oven to 450°F. Wash and brush the potatoes. Slice into wedges. Mix the seasonings into the flour. Mix the egg with the milk. Dip potato wedges into milk. Dust with seasoned flour. Place on a pastry sheet. Drizzle with oil. Bake in oven for 20 to 25 minutes, until brown and tender. Serve hot. Makes 6 servings.

SCALLOPED POTATOES

7 potatoes, peeled and sliced	2 to 3 c. shredded cheese
3 to 4 Tbsp. flour	Milk/water
Salt and pepper to taste	
1/2 to 3/4 block margarine or butter	

Melt butter in frying pan. Add flour, stirring until mixture bubbles. Remove from heat. Add milk/water, stirring to get a smooth mixture. Heat a little. Add cheese when slightly thick. Remove from heat. Place potatoes into a casserole dish. Mix with cheese sauce. Bake, uncovered, for 30 minutes. Cover and bake until done, about 1 hour.

CRUNCHY POTATOES

Bottom:

- | | |
|--|------------------------------------|
| 1 large pkg. frozen hash brown potato chunks,
defrosted | 1 pt. sour cream |
| 2 c. shredded Cheddar cheese | 1 can cream of chicken soup |
| | Salt and pepper to taste |

Topping:

- | |
|--|
| 2 c. crushed potato chips |
| 1 block butter or margarine,
melted |

Mix bottom ingredients together. Spread into a buttered 9x13 inch dish. Mix topping ingredients together and spread over bottom. Bake at 350° for 1 hour.

OYAKO DONBURI

- | | |
|--------------------------------------|---|
| 1 Tbsp. oil | 1/2 tsp. MSG |
| 1 1/2 c. chicken, sliced thin | 1 c. green onions, cut in 1
inch lengths |
| 1 1/2 c. chicken stock | 5 eggs |
| 4 Tbsp. soy sauce | Cooked rice (to fill 6 bowls) |
| 2 Tbsp. sugar | 2 sheets nori (optional) |
| 1/2 tsp. salt | |

Saute chicken meat in oil. Add stock and cook until chicken is tender. Add seasonings and green onions. Beat eggs slightly; pour over chicken evenly. Cook over a low fire until eggs are coddled. Fill individual bowls $\frac{2}{3}$ full with cooked rice. Cover with chicken-egg mixture and pour sauce over all. Sprinkle crushed toasted nori on top and place covers on bowls. Serve immediately.

MICROWAVE SEKI-HAN (For 600 - 700 w. ovens)

- | | |
|------------------------|---------------------------|
| 2 c. mochi rice | 1/4 c. azuki beans |
|------------------------|---------------------------|

Wash the rice till water is clear, at least 3 hours ahead. Cover with water and set aside. In the evening before, pour $\frac{1}{4}$ cup azuki into a Thermos bottle. Fill half full with boiling water; drain after 1 hour. Add more boiling water and leave until the next morning. Usually the azuki is soft enough to make the seki-han by morning.

Drain the azuki, saving the liquid. Dilute the azuki water to make it light pink. Mix $\frac{2}{3}$ of the azuki with the drained rice in a large casserole. Add the diluted azuki water (about $2\frac{1}{4}$ cups); mix thoroughly. Cook in the microwave oven on HIGH (600 - 700 w) for 3 minutes, then on MEDIUM for 10 to 11 minutes. If a revolving microwave table is not used, mix rice periodically during cooking.

SHISO RICE

3 c. rice	1 pkg. chirimen iriko
25 to 30 shiso leaves, sliced finely	Sugar
3 Tbsp. shoyu	1 tsp. salt

Saute iriko in about 1 tablespoon oil. Add shiso, shoyu, salt, and a touch of sugar. Add to washed rice with the normal amount of water added. Cook in a rice cooker.

SHIITAKE GOHAN (Mushroom Rice)

4 c. rice, rinsed well	5 inches konbu, washed
4 c. water	6 to 7 dried shiitake, sliced
Shoyu mixture:	
3 Tbsp. shoyu	$\frac{1}{4}$ tsp. salt
1 Tbsp. sake	

Combine ingredients for shoyu mixture; soak sliced mushrooms in mixture for 10 to 15 minutes. Combine rice and water; place washed konbu on rice and cook. When rice is starting to boil, remove konbu and add shiitake and shoyu mixture; mix briefly and cook (about 20 to 25 minutes more on low heat if not using rice cooker). When done, mix.

MAZE GOHAN (Rice Mixed With Vegetables)

2 c. rice, mixed with the vinegar sauce	$\frac{2}{3}$ c. mushroom water
1 small carrot	1 pkg. dashinomoto
3 mushrooms	3 Tbsp. raw sugar
8 string beans	1 tsp. shoyu 1 tsp. MSG

Cut carrot, mushrooms, and string beans fine. Mix with other ingredients and cook until done. Do not overcook.

The preceding can make 16 cone sushi.

OSEKIHAN

2 c. azuki	Frozen peas (for garnish)
3 c. white rice	5 c. mochi rice
1 Tbsp. salt	6 $\frac{3}{4}$ c. azuki water
Sesame seed with salt (for garnish)	$\frac{1}{4}$ tsp. red food coloring

Cook azuki with 4 to 5 cups water after soaking. Drain and cool. Soak rice in azuki water for 1 hour in rice cooker. Add azuki, salt, and food coloring. Mix gently. Cook rice; cool and mix gently. Sprinkle with peas. Serve with sesame seed-salt mixture.

SUSHI RICE SAUCE

Sauce for 8 cups of rice:

1 c. Japanese vinegar	2 Tbsp. salt
2 c. white sugar	1 tsp. MSG

Wash rice and add 8 cups water. Cook; sprinkle lightly with salt. Mix sauce into slightly cooled rice.

SHOYU MESHI

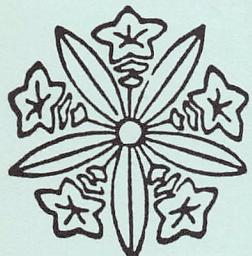
3 c. rice
5 Tbsp. shoyu
1 can ajitsuke kogai
3 c. water (include mushroom liquid)
1 tsp. salt

1 small can sliced mushrooms, drained
Suggested ingredients:
Chopped carrots,
bamboo, green beans,
konyaku, etc.

Mix all ingredients together. Cook in a rice cooker. Mix gently when done, so all the ingredients will be evenly distributed.



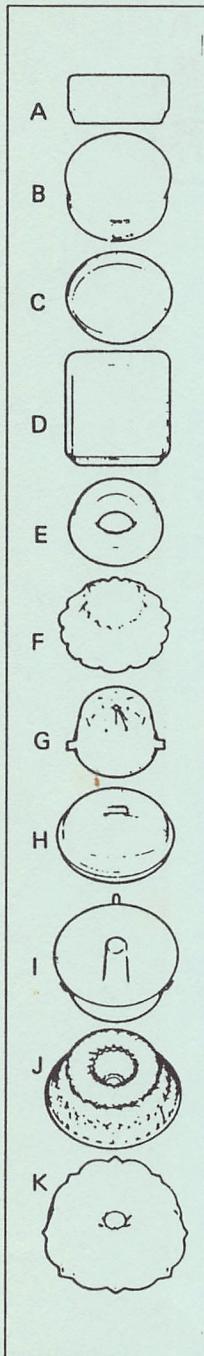
Desserts



HANDY CHART OF KITCHEN MATH

(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6 cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
9-inch pie plate

8x1 1/4-inch layer cake pan-C
 $7\frac{1}{8} \times 3\frac{5}{8} \times 2\frac{1}{4}$ -inch loaf pan-A

6-cup baking dish:
8 or $9 \times 1\frac{1}{2}$ -inch layer cake pan-C
10-inch pie plate
 $8\frac{1}{2} \times 3\frac{3}{8} \times 2\frac{5}{8}$ -inch loaf pan-A

8-cup baking dish:
8x8x2-inch square pan-D
11x7x1 1/2-inch baking pan
9x5x3-inch loaf pan-A

10-cup baking dish:
9x9x2-inch square pan-D
11 1/4x7 1/2x1 3/4-inch baking pan
15x10x1-inch jelly-roll pan

12-cup baking dish and over:
13 1/8x8 1/2x2-inch glass baking pan 12 cups
13x9x2-inch metal baking pan 15 cups
14x10 1/2x2 1/2-inch roasting pan 19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7 1/2x3-inch "Bundt" tube pan-K	6 cups
9x3 1/2-inch fancy tube or "Bundt" pan-J or K	9 cups
9x3 1/2-inch angel cake pan-I	12 cups
10x3 3/4-inch "Bundt" or "Crownburst" pan-K	12 cups
9x3 1/2-inch fancy tube mold-J	12 cups
10x4-inch fancy tube mold (Kugelhupf)-J	16 cups
10x4-inch angel cake pan-I	18 cups

Melon Mold:

7x5 1/2x4-inch mold-H	6 cups
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Springform Pans:

8x3-inch pan-B	12 cups
9x3-inch pan-B	16 cups

Ring Molds:

8 1/2x2 1/4-inch mold-E	4 1/2 cups
9 1/4x2 3/4-inch mold-E	8 cups

Charlotte Mold:

6x4 1/4-inch mold-G	7 1/2 cups
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Brioche Pan:

9 1/2x3 3/4-inch pan-F	8 cups
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DESSERTS

POTATO CHIPS COOKIES

4 c. flour	2 tsp. baking soda
2 tsp. baking powder	2 c. margarine
3 c. sugar	3 eggs
4 c. potato chips, crushed	

Sift flour, baking soda, and baking powder. Cream margarine and sugar. Add eggs 1 at a time. Add flour mixture. Add potato chips. Drop on a greased cookie sheet and bake for 10 to 15 minutes at 325° F. Makes about 160 cookies.

BUTTER COOKIES

3 c. sugar	6 $\frac{3}{4}$ c. flour
3 c. butter	1 tsp. vanilla
3 eggs	

Cream butter and sugar; add eggs, 1 at a time, mixing well. Add vanilla. Mix in flour, a cup at a time, until thoroughly blended. Form into logs; wrap in waxed paper and freeze until hard. Slice $\frac{1}{4}$ inch and lay on cookie sheets. Bake at 325° to 350° until golden brown.

Variations: Add chopped nuts or grated coconut to cookie dough before forming logs.

MUFFIN COOKIES

3 oz. cream cheese	1 c. flour
1 stick butter (less 1 inch to be used for filling)	

Filling:

$\frac{1}{2}$ c. sugar	1 tsp. vanilla
1 egg	$\frac{3}{4}$ c. chopped nuts
1 inch butter	

Mix cream cheese, butter, and flour; make 24 balls. Place balls in miniature muffin pans and press dough around mold, leaving center open for filling.

Mix filling ingredients and place in molded dough $\frac{3}{4}$ full. Bake for 30 minutes in a 350° oven. Cool in pan for 15 minutes before removing.

CORN FLAKE COOKIES

1 c. butter	1 tsp. baking soda with a little water
1½ c. sugar	
½ tsp. salt	2½ c. flour
2 eggs	½ pkg. corn flakes

Cream butter, sugar, and salt. Add eggs and baking soda. Sift flour and add. Add vanilla and corn flakes. Drop by teaspoonful on cookie sheet. Bake at 350°F.

DREAM COOKIES

1 c. butter	2 c. flour
¾ c. sugar	1½ tsp. baking soda
1 egg	Rice Krispies
1 tsp. vanilla	

Sift measured flour with baking soda. Cream butter and sugar until light; add egg. Beat well. Add vanilla, then flour mixture. Drop dough with teaspoon into Rice Krispies; roll and place 2 inches apart on ungreased cookie sheet. Flatten slightly. Bake at 350°F. until light golden brown. Yield: 5 dozen small cookies.

ONO RICE KRISPIES COOKIES

1 c. butter (1 block butter, 1 block margarine)	1 tsp. baking powder
1¼ c. sugar	1 tsp. vanilla flavoring
1 egg	1 large box Rice Krispies
2 c. flour	cereal

Cream sugar and butter until light and fluffy. Add eggs and beat well. Add vanilla and mix well, then add dry ingredients and blend well. Scoop with spoon into balls and roll dough in Rice Krispies; flatten with cup on a lightly greased cookie sheet. Bake at 350° for approximately 12 minutes.

CRISP OATMEAL WAFERS

¾ c. flour	½ c. melted shortening
2 tsp. baking powder	1 egg, beaten
¼ tsp. salt	5 tsp. milk
1½ c. rolled oats	1½ tsp. vanilla flavoring
½ c. sugar	

Sift flour, baking powder, and salt. Combine oats and sugar; stir in shortening and egg. Add flour mixture alternately and combined milk and vanilla. Drop by round teaspoonful, 2 inches apart on greased cookie sheets. Flatten with spatula, wet in water. Bake in a 400° oven for 10 minutes. Yield: 30 cookies.

MR. PAUL'S PUMPKIN BARS

1 (16 oz.) canned pumpkin (2 c.)	2 c. all-purpose flour
2 c. sugar	2 tsp. baking powder
3 eggs	1 tsp. salt
1 c. oil	1 tsp. baking soda
	2 tsp. cinnamon

Mix together pumpkin, sugar, eggs, and oil. You can hand mix if desired. Sift together the 5 remaining ingredients. Hand mix dry ingredients into pumpkin mix. Spread evenly onto a jellyroll pan, 10x15 inches. Bake at 350° for 25 to 30 minutes. Cool.

Top with:

1 (3 oz.) block cream cheese	2 c. powdered sugar, sifted
1 block butter	1 tsp. vanilla

DOUBLE CHOCOLATE BROWNIES

3/4 c. all-purpose flour	1 (12 oz.) pkg. semi-sweet chocolate morsels, divided into 2 parts
1/4 tsp. baking soda	
1/4 tsp. salt	
1/3 c. butter	1 tsp. vanilla extract
3/4 c. sugar	2 eggs
2 Tbsp. water	1/2 c. chopped nuts

In a small bowl, combine flour, baking soda, and salt; set aside. In a small saucepan, combine butter, sugar, and water; bring *just to a boil*. Remove from heat. Add 6 ounces (1 cup) semi-sweet chocolate morsels and vanilla extract. Stir until morsels melt and mixture is smooth. Transfer to a large bowl. Add eggs, 1 at a time, beating well after each addition. Gradually blend in flour mixture. Stir in remaining 1 cup semi-sweet chocolate morsels and nuts. Spread in a greased 9 inch square baking pan. Bake at 325°F. for 30 to 35 minutes. Cool completely and cut into squares.

BROWNIES

1 c. butter	1 c. cocoa
2 c. sugar	1½ c. flour
4 eggs, well beaten	1 tsp. baking powder
1 tsp. vanilla	1 c. chopped nuts

Sift together cocoa, flour, and baking powder. Cream together butter and sugar; add eggs and vanilla, beating gently. Fold in sifted dry ingredients. Add nuts. Spread in a greased 9x13 inch cake pan. Bake at 350° for 25 to 30 minutes or until brownies test done with a toothpick. Do not overbake.

DATE BARS

Crust:

2 blocks butter, softened	2 c. flour
1 c. brown sugar, lightly packed	

Filling:

4 eggs	4 Tbsp. flour
2 c. brown sugar, lightly packed	1 tsp. baking powder
2 c. chopped dates	Pinch of salt
2 c. chopped nuts	2 tsp. vanilla

To prepare crust: Mix flour and sugar. Cut butter into mixture until crumbly. Spread evenly and pat into a 9x13 inch buttered pan. Bake at 350°F. for 25 minutes.

To prepare filling: Mix together eggs and sugar. Add remaining ingredients. Mix well and pour over crust. Crust may be hot. Bake at 325°F. for 40 to 45 minutes; cool. Dust with powdered sugar and cut into bars. Makes 48 bars.

BUTTERMILK CHOCOLATE CUPCAKES

1 c. butter (2 blocks)	1 tsp. baking powder
3 Tbsp. cocoa powder	2 eggs, beaten
1 c. water	½ c. buttermilk*
2 c. all-purpose flour	1 tsp. baking soda
2 c. granulated sugar	1 tsp. vanilla flavoring
½ tsp. salt	

Place butter, cocoa powder, and water in a saucepan; heat till butter is melted. Mix and set aside. Sift the dry ingredients together and place in a mixing bowl. Add butter and cocoa; mix well. Set aside. Mix the eggs, buttermilk, baking soda, and vanilla flavoring in a small bowl. Add to the flour/cocoa mix. Beat well. Batter is *very thin*. Bake at 350° for 20 to 25 minutes. Makes 24 cupcakes.

* $\frac{1}{2}$ cup buttermilk = $\frac{1}{2}$ cup whole or skim milk minus 1 tablespoon, plus 1 tablespoon vinegar. Wait for at least 5 minutes.

PECAN BARS

**1 pkg. yellow cake mix
1/2 c. butter**

**1 egg
1 c. chopped pecans**

Filling:

**2/3 c. reserved cake mix
1/2 c. packed brown sugar
1 c. dark corn syrup**

**3 eggs
1 tsp. vanilla**

Grease a 9x13 inch pan. Reserve $\frac{2}{3}$ cup cake mix for filling. Combine remaining mix, butter, and 1 egg till crumbly. Press into pan and bake for 15 to 20 minutes at 350°, till golden brown. Remove from oven and pour filling over partially baked crust. Sprinkle pecans over top. Return to oven. Bake for 30 to 35 minutes, until set.

FRUIT BARS

Crust:

**1 1/4 c. butter
1 c. sugar**

4 c. flour (all-purpose)

Filling:

**1/2 c. sugar
1/4 c. flour
1 1/2 tsp. cinnamon**

**2 c. peaches, mashed (1 large can), drain some syrup
2 Tbsp. lemon juice**

Crust: With pastry cutter, cut butter into sugar and flour. Divide mixture into two parts; lay half in 9x13 inch pan. Press lightly. Bake for 15 minutes at 350°.

Filling: Mix ingredients together; spread over baked crust. Top with remaining crust mixture. Continue to bake for 30 minutes.

Variations: Use prepared fruit pie fillings: Apple (add 1 teaspoon cinnamon), cherry, strawberry, or blueberry.

PUFF PASTRY DESSERT BARS

Use 1 package Pepperidge Farm puff pastry, thawed. Cut each sheet into 18 pieces - thirds and then each third into sixths. Dip top of each piece in granulated sugar. Place sugar side up on cookie sheet. Bake at 400° until light brown. Cool pieces. When cool, separate pastry into 2 layers.

Creme Filling:

1 (4 oz.) bar cream cheese, softened	1/3 c. sugar 4 oz. Cool Whip
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Cream softened cheese. Add sugar; blend well. Fold in Cool Whip. Mix well and refrigerate.

Assembly: Spread bottom of each pastry half with creme filling. Top with fruit preserves, pie filling, pudding, chocolate chips, or similar, to your taste. Cover with top half of the pastry. Refrigerate.

Keeps well. Can be made in advance without pastry sogging.

Clara Sodetani

FRUIT CRISP OATMEAL PASTRY

3/4 c. butter	1 c. brown sugar
1 3/4 c. flour	1/2 tsp. salt
1/2 tsp. baking soda	1 1/2 c. oatmeal

Mix dry ingredients. Cut in butter. Pat 1/2 of mixture in a 9x13 inch pan. Spread filling. Top with rest of flour mixture. Bake at 350° for 35 to 40 minutes.

Filling: Use prepared apple, cherry, or blueberry pie filling.

BROKEN GLASS CAKE

1 chiffon cake, cut into 3 layers	1 pkg. strawberry Jell-O
1 pkg. lime Jell-O	1 pkg. orange Jell-O
	1 pkg. unflavored gelatin

Prepare each Jell-O separately by dissolving in 1 1/2 cups boiling water. Soften the gelatin in 1/4 cup water and add 1/3 to each of the Jell-O while hot. Cool and let set in refrigerator. Dice into small pieces like broken glass.

Whip Cream Mixture:

1 pkg. gelatin	1/2 c. pineapple juice
1/4 c. water	1 pt. whipping cream
1/4 c. boiling water	1/2 c. sugar

Soften gelatin in water, then add boiling water and stir until gelatin is dissolved. Add pineapple juice. Refrigerate till slightly thickened. Beat whipping cream with 1/2 cup sugar. Add the pineapple juice mixture. Fold in diced Jell-O. Between each layer of cake, put whipped cream mixture, ending with the whipped cream on top. Keep in refrigerator until ready to serve.

Variation: Cake may be shredded and folded in the whipped cream. Put in a mold and refrigerate.

GLAZED SPONGE CAKE

1 c. butter	1 c. fruit pie filling (cherry, blueberry, strawberry)
1 1/2 c. sugar	Powdered sugar
4 eggs	
1 tsp. vanilla extract	
2 c. all-purpose flour (unsifted)	

Cream butter and sugar until light. Add eggs, 1 at a time, beating until well blended. Spread batter in a well greased 10x15 inch jelly-roll pan. With tip of knife, lightly mark off the batter into equal squares. Spoon equal portion of the pie filling into the center of each square. Bake at 350° for 25 to 30 minutes or until cake tests done. Cool in pan. Cut into squares. Dust with powdered sugar.

EASY PINEAPPLE UPSIDE-DOWN CAKE

2 (8 1/4 oz.) cans sliced pineapple	1/4 c. brown sugar
1 box yellow cake mix	Maraschino cherries, whole pecans, or whole walnuts
1 Tbsp. melted butter	

Melt butter in a 9x13 inch pan. Place pineapple slices flat in pan. Place cherries or whole nuts in center of each pineapple slice. Sprinkle brown sugar over all. Prepare yellow cake mix as directed on box. Pour over pineapple slices. Bake according to cake mix directions.

CRUMB CAKE

2 1/4 c. flour	1/2 c. chopped nuts
2/3 c. white sugar	1 Tbsp. cinnamon
1 c. brown sugar	1 c. buttermilk
1 tsp. salt	1 egg, beaten
1 tsp. nutmeg	1 tsp. baking soda, dissolved in a little hot water
3/4 c. oil	

Combine flour, sugars, salt, and nutmeg; mix thoroughly. Add oil to mixture. Put aside 1/2 cup of mixture for topping. Add buttermilk, egg, and baking soda to rest of mixture. Pour into a greased cake pan and sprinkle with topping. Bake for 45 minutes at 350°F.

Topping: Combine 1/2 cup mixture, chopped nuts, and cinnamon.

CORN MEAL CAKE

2 c. Bisquick (unsifted)	1 1/2 c. butter
2 eggs, beaten	2 or 3 Tbsp. yellow corn meal
1 c. milk	1/4 tsp. baking soda
1 c. sugar	

Mix dry ingredients. Add melted butter to milk and beaten eggs. Blend well, then add to dry ingredients. Mix well. Pour into a greased 9x9 inch baking pan and bake at 350°F. for 30 minutes or until done.

Double the recipe for a 9x13 inch pan.

SOUR CREAM POUND CAKE

2 3/4 c. sugar	1/4 tsp. baking soda
1 c. butter	1 c. dairy sour cream
6 eggs	1/2 tsp. lemon extract
3 c. sifted all-purpose flour	1/2 tsp. orange extract
1/2 tsp. salt	1/2 tsp. vanilla extract

In a mixer bowl, cream together sugar and butter till light and fluffy. Add eggs, 1 at a time, beating well after each addition. Sift together flour, salt, and soda; add to creamed mixture alternately with sour cream, beating after each addition. Add extracts; beat well. Pour batter into a greased and floured 10 inch tube pan. Bake in a 350° oven for 1 1/2 hours or until cake tests done. Cool for 15 minutes; remove from pan. When cool, frost or sprinkle with confectioners sugar if desired.

CREAM CHEESE POUND CAKE

1 (8 oz.) cream cheese (room temperature)	6 eggs
1 c. margarine (room temperature)	2 $\frac{3}{4}$ c. (less 2 Tbsp.) all-purpose flour
1/2 c. butter (room temperature)	4 tsp. baking powder
3 c. sugar	1 tsp. vanilla extract
	1 tsp. lemon extract

Preheat oven to 350°. Grease and flour a 12 cup Bundt or tube pan. Beat cream cheese, margarine, and butter with sugar in a large bowl until smooth. Add egg, 1 at a time (beating well), alternately with flour and baking powder mixture, stirring well after each addition. Blend in extracts. Pour into prepared pan. Bake at 350° for 30 minutes, then reduce temperature to 325° and continue baking for about 45 minutes or until cake tests done. Cool in pan on rack. Do not take cake out of pan until completely cooled. Invert onto a platter.

COFFEE CAKE

1 c. flour	1/2 tsp. cinnamon
1/2 c. sugar	1 egg
3 tsp. baking powder	1/2 c. milk
1/2 tsp. salt	4 Tbsp. melted butter

Mixture:

1 c. brown sugar	1 Tbsp. cinnamon
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Mix all ingredients, except melted butter and those for mixture. Pour into an 8 inch square pan. Brush with melted butter and sprinkle thickly with sugar and cinnamon mixture. Bake in a 350° oven for 20 minutes.

SOUR CREAM COFFEE CAKE

2 $\frac{1}{2}$ c. flour	3 eggs
1 Tbsp. baking powder	1 c. sour cream, stirred to soften
1 tsp. baking soda	1 tsp. vanilla
1 $\frac{1}{2}$ block butter	
1 c. sugar	

Topping:

1/4 c. nuts, chopped	2 tsp. cinnamon
1/2 c. brown sugar	

Sift together flour, baking powder, and baking soda; set aside. Cream butter and sugar; add eggs, 1 at a time, beating well after each addition. Add vanilla, then add the flour mixture alternately with sour cream. Pour batter into a greased 9x13 inch baking pan and sprinkle with topping. Bake at 350°F. for about 25 minutes.

CREAM CHEESE POUNDCAKE

1 (8 oz.) cream cheese (room temperature)	6 eggs
1 c. margarine (room temperature)	2 ³ / ₄ c. (less 2 Tbsp.) all-purpose flour
1/2 c. butter (room temperature)	4 tsp. baking powder
3 c. sugar	1 tsp. vanilla extract
	1 tsp. lemon extract

Preheat oven to 350°F. Grease and flour a 12 cup Bundt or tube pan. Beat cream cheese, margarine, and butter with sugar in a large bowl until smooth. Add egg, 1 at a time (beat well) alternately with flour and baking powder mixture, stirring well after each addition. Blend in flavorings. Pour in prepared pan. Bake at 350°F. for 30 minutes, then reduce temperature to 325°F. and continue baking for about 45 minutes or until done. Cool in pan on rack. Don't take cake out of pan until completely cool. Invert on platter and serve at room temperature.

CALIFORNIA POUND CAKE

3 c. cake flour	6 eggs
3 blocks butter	1 ¹ / ₂ tsp. vanilla
1 box powdered sugar	1/4 tsp. salt

Cream sugar and butter well. Add eggs, 1 at a time and beat well after each addition. Add flour about a fourth at a time and blend well. Add vanilla and salt. Pour into a greased and floured Bundt pan. Bake at 350°F. for 60 to 65 minutes.

CHIFFON CAKE DESSERT

1 small chiffon cake	1 pkg. unflavored gelatin
4 eggs, separated	1/2 c. water
2 c. milk	1 jar Avoset
2 Tbsp. flour	1/2 c. sugar
1 c. sugar	1 tsp. vanilla
Pinch of salt	1 can Angel Flake coconut

Cook milk, egg yolks, flour, 1 cup sugar, and salt until spoon is coated; remove from heat (should be pudding consistency). Dissolve gelatin in cold water; add to preceding mixture and cool. Beat egg whites and fold into cooled pudding.

Tear cake into a 9x13 inch pan. Pour pudding over. Chill awhile. Whip Avoset; add 1/2 cup sugar and vanilla. Spread over pudding and top with coconut. (A few drops of food coloring may be added to color coconut. *Very pretty!*

MAHOGANY CHIFFON CAKE

3/4 c. boiling water	1/2 c. vegetable oil
1/2 c. cocoa	7 unbeaten egg yolks
1 3/4 c. cake flour	2 tsp. vanilla
1 3/4 c. sugar	1 c. egg whites (7 to 8 eggs)
1 1/2 tsp. baking soda	1/2 tsp. cream of tartar
1 tsp. salt	

Heat oven to 325°. Combine boiling water and cocoa; cool. Measure flour by dip level-pour method or by sifting. Blend flour, sugar, soda, and salt in bowl. Make a well; add oil, egg yolks, vanilla, and cocoa mixture. Beat till smooth. Measure egg whites and cream of tartar into a large mixing bowl and beat till very stiff. Pour egg yolk mixture in a thin stream over entire surface of egg white, gently cutting and folding in with a rubber spatula until completely blended. Pour into an ungreased 10 inch tube pan. Bake for 55 minutes at 325°. Turn tube pan over till cool.

Frosting:

2 1/2 c. powdered sugar	1 block butter
1/4 c. cocoa	1 (4 oz.) cream cheese
2 tsp. vanilla	A little cream

Mix together until smooth. Frost Mahogany Chiffon Cake entirely.

CHOCOLATE CAKE

1 c. unsweetened cocoa	2 c. boiling water
2 3/4 c. all-purpose flour	1/2 tsp. salt
2 tsp. baking soda	1/2 tsp. baking powder
1 c. butter	2 1/2 c. sugar
4 eggs	1 1/2 tsp. vanilla

Pour boiling water on cocoa to dissolve. Cool. Sift flour with salt, baking soda, and baking powder. Cream sugar and butter; add vanilla. Beat in eggs, 1 at a time. Add flour and cocoa mixture to creamed mixture. Begin and end with flour. Pour into a greased and floured 9x13 inch pan or two 9 inch round cake pans. Bake at 350° for about 45 minutes. Test with toothpick for doneness. Frost with favorite frosting.

CHOCOLATE FROSTING

5 Tbsp. flour

1 c. milk

1 tsp. vanilla

1 c. granulated sugar

1 c. butter

1/4 to 1/2 c. unsweetened cocoa

Cook flour and milk until a thick paste is formed. Cream together sugar, butter, vanilla, and cocoa. Add flour mixture. Beat until light and fluffy.

CHOCOLATE FROSTING (Pudding type)

1 1/2 sq. chocolate

4 1/2 to 5 Tbsp. cornstarch

1 1/2 c. sugar

1 1/2 c. hot water

1 tsp. vanilla

Pinch of salt

Mix dry ingredients. Add hot water and chocolate gradually while stirring. Cook until thick, stirring constantly. Add vanilla. Cool before frosting cake.

BANANA DELITE CAKE

1 box Duncan Hines yellow
cake mix

1/2 tsp. baking soda

4 eggs

1 1/4 c. mashed banana

1 1/2 tsp. baking powder

3/4 c. Crisco oil

1/4 c. orange juice

Glaze:

3/4 c. milk

1 Tbsp. sugar

Sift cake mix with baking soda and baking powder into a large bowl. Add eggs and oil; mix. Add banana and orange juice; beat for 2 minutes. Bake in a 9x13 inch pan sprayed with Pam (only on bottom) for 36 minutes or longer in a 350° oven. Poke holes in cake with a chopstick when just removed from oven. Spoon milk mixture evenly over cake. Cool, then cut.

TOMATO CAKE

1 c. butter	1 tsp. cinnamon
2 1/4 c. sugar	1 tsp. nutmeg
3 eggs	1 tsp. cloves
3 c. flour	1/2 tsp. salt
1 1/4 tsp. baking soda	1 tsp. vanilla or lemon extract
1/2 c. water	1 (8 oz.) can tomato sauce
1 tsp. baking powder	

Cream butter; add sugar, then add beaten eggs. Mix water, soda, and tomato sauce. Sift together flour, baking powder, salt, and spices. Add flour mixture and tomato mixture alternately. Add vanilla last. Bake in a moderate oven of 325° F. for 25 minutes.

POWDERED SUGAR CAKE

3 blocks butter	1 (1 lb.) box powdered sugar
6 eggs	1 tsp. vanilla
2 3/4 c. cake flour, sifted 3 times	

Cream butter and sugar. Add eggs, 1 at a time. Add vanilla and flour. Bake at 300° F. for 1 hour and 20 minutes. Makes 3 medium loaves.

WINE CAKE

1 box Duncan Hines Deluxe yellow cake mix	1 small box vanilla instant Jell-O pudding
4 eggs	3/4 c. very dry Gallo sherry wine
3/4 c. oil	

Mix all together and bake in loaf pans at 350° F. until golden brown. As loaves are out of oven, brush with butter.

FRESH ORANGE CARROT CAKE

1 c. shortening	2/3 c. walnuts, chopped
4 eggs	2 c. sugar
1 tsp. cinnamon	1 1/2 c. grated carrots
1/2 tsp. salt	1/2 tsp. nutmeg
1 Tbsp. baking powder	3 c. flour
1/3 c. fresh orange juice	1 Tbsp. orange rind

Heat oven to 350°F. Grease and flour a tube pan, 10x4 inches. Cream shortening and sugar until light and fluffy. Add spices and orange rind. Beat in eggs, 1 at a time. Add carrots and nuts. Sift together flour, baking powder, and salt. Add alternately with the orange juice. Pour into pan and bake for 60 to 65 minutes.

CHOCO-MAYO CAKE

2 c. flour	1 c. mayonnaise
1/2 c. cocoa	1 tsp. vanilla
1 c. sugar	1 c. boiling water
2 tsp. baking soda	

Grease and flour two 8 inch cake pans. Preheat oven to 350°F. Sift flour, cocoa, sugar, and baking soda 3 times. In a mixing bowl, combine mayonnaise, vanilla, and boiling water. Beat with an electric mixer for 2 minutes. Add all dry ingredients. Mix thoroughly. Pour into prepared pans. Bake for 45 minutes.

AVOCADO CHIFFON PIE

1 (9 inch) pie shell, baked	1/2 tsp. lemon juice
1 c. pureed avocado	1 env. unflavored gelatin
3 egg yolks	1/4 c. water
1 1/2 Tbsp. butter	3 egg whites
1/2 tsp. nutmeg	1/2 c. sugar
1 tsp. cinnamon	Whipped cream (garnish)
1/4 c. sugar	

Simmer avocado, egg yolks, butter, nutmeg, cinnamon, sugar, and lemon juice for 10 minutes. Do not boil. Dissolve gelatin in water and add to hot mixture. Cool. Beat egg whites with sugar until stiff. Fold into the avocado mixture. Pour into baked pie shell. Chill for 8 hours or overnight. Garnish with whipped cream and serve.

PINEAPPLE-PUMPKIN CHIFFON PIE

1 env. unflavored gelatin	3 egg whites
1/4 c. cold water	1/4 c. sugar
1/3 c. milk	1 tsp. salt
1/4 tsp. allspice	3/4 c. drained crushed
1/4 tsp. ginger	pineapple
1/4 tsp. cinnamon	3 egg yolks
1/4 tsp. nutmeg	1/2 c. sugar
1 c. mashed pumpkin	1/2 c. whipped cream

Soften gelatin in cold water. Drain pineapple. Combine and cook pumpkin, egg yolks, sugar, salt, milk, and spices in saucepan. Reduce heat and simmer and stir for 10 minutes. Remove from heat. Stir in gelatin until dissolved; add pineapple. Cool. (Quick way: Set pan in a big bowl of ice cubes and stir.) Beat egg whites until light and fluffy, then add sugar and beat again. Fold in cooled pumpkin mixture and heap into cooled pie shell. Chill. Just before serving, top with pastry cutouts and sweetened whipped cream or low calorie Dream Whip.

GUAVA CHIFFON PIE

1 Tbsp. gelatin	Red food coloring
$\frac{1}{3}$ c. water	4 egg whites
4 egg yolks	$\frac{1}{4}$ tsp. salt
3 Tbsp. sugar	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ c. lemon juice	$\frac{1}{2}$ c. heavy cream
$\frac{1}{3}$ c. frozen guava nectar base	1 (9 inch) baked pie shell

Add gelatin to water; set aside. Combine egg yolks, 3 tablespoons sugar, and lemon juice. Cook over low heat until thick, stirring constantly. Add gelatin and stir until dissolved. Cool. Add guava nectar base and food coloring. Beat egg whites and salt until they hold soft peaks. Gradually add $\frac{1}{2}$ cup sugar, beating until stiff peaks form. Gently fold in guava mixture. Pour into cooled pie shell. Chill until set. Just before serving, whip cream and sweeten with 2 teaspoons sugar. Top pie with whipped cream.

FRESH PEACH PIE

Pastry for 2 crust pie	2 Tbsp. tapioca, slightly rounded
5 c. sliced fresh peaches (about 8 medium)	$\frac{1}{4}$ tsp. cinnamon
1 tsp. lemon juice	Butter
1 c. sugar	

Heat oven to 425°. Prepare pastry. Toss peaches and lemon juice. Stir together sugar, tapioca, and cinnamon; mix lightly with sliced peaches. Turn into pastry-lined pie pan; dot generously with butter. Cover with top crust, which has slits cut in it; seal and flute. Bake at 425° for 12 minutes; lower temperature to 350° and continue to bake for 30 to 40 minutes, until crust is nicely browned and juice begins to bubble through slits in crust.

Variations - Canned Peach Pie: Substitute 2 (1 pound 13 ounce) cans peach slices, drained, and decrease sugar to $\frac{1}{2}$ cup.

Brown Sugar Peach Pie: Substitute $\frac{3}{4}$ cup brown sugar (packed) for granulated sugar.

Frozen Peach Pie: Substitute 3 (12 ounce) packages frozen sliced peaches, partially thawed and drained, and decrease sugar to $\frac{1}{2}$ cup.

DELICIOUS APPLE PIE

3 tart apples (green)	$\frac{1}{8}$ tsp. salt
3 Red Delicious apples	1 tsp. cinnamon
$\frac{3}{4}$ to 1 c. sugar	$\frac{1}{4}$ tsp. nutmeg (optional)
2 Tbsp. tapioca, slightly rounded	Butter
	1 double pie pastry

Peel and slice apples. Mix sugar, tapioca, and salt; add to apples. Mix thoroughly and let stand for 15 minutes or more. Prepare pie pastry and pour apple mixture into pie shell. Dot generously with butter. Place top crust, making sure that there are air vents in top crust. Brush with milk. Bake in a 425° oven for 12 minutes. Lower temperature to 350° and bake for 30 to 40 minutes or until pie filling bubbles.

COCONUT MACADAMIA NUT PIE

1 Tbsp. unflavored gelatin	4 Tbsp. cake flour
$\frac{1}{3}$ c. sugar	$\frac{1}{2}$ c. milk
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. almond extract
$\frac{1}{2}$ tsp. vanilla	2 egg whites
$\frac{1}{2}$ c. whipped cream	$\frac{1}{2}$ c. sugar
$\frac{1}{4}$ tsp. cream of tartar	2 Tbsp. macadamia nuts, finely chopped
1 c. grated coconut (fresh)	
$\frac{1}{2}$ c. water	

1. Dissolve gelatin in water.
2. Mix $\frac{1}{3}$ cup sugar, flour, and salt. Blend in milk. Cook over low heat, stirring until mixture boils. Boil for 1 minute. Remove from heat. Stir in gelatin. Cool. When partially set, beat until smooth.
3. Blend in vanilla and almond extracts.
4. Fold in whipped cream.
5. Fold in meringue made of egg whites, cream of tartar, and $\frac{1}{2}$ cup sugar.
6. Fold in coconut.
7. Pour into baked, cool shell. Sprinkle nuts.

MANGO CRUMB PIE

4 c. sliced mango (not too ripe)	1/2 tsp. cinnamon
1 Tbsp. lemon juice	1/2 c. sugar
Crumb topping:	5 tsp. tapioca
1/2 c. flour	1/3 c. finely chopped macadamia nuts (optional)
1/3 c. butter	
1/3 c. sugar	

Mix filling ingredients together. Let sit for at least 1/2 hour. For topping, cut butter into flour-nut-sugar mixture. Pour filling into unbaked 9 inch pie shell. Sprinkle topping. Bake at 425° for 20 minutes; 350° for 20 minutes longer or until golden brown.

BANANA CREAM PIE

Crust:

2 blocks margarine	2 Tbsp. sugar
2 c. flour	

Filling:

8 oz. cream cheese	3 c. milk
2 boxes instant vanilla pudding	

Topping: 1 package Dream Whip or Cool Whip.

Bake crust at 350°F. until brown. Cool. Place sliced bananas in cooled crust. Pour filling over bananas; spread topping. Makes 3 medium pies.

CHERRY PIE

3 c. water packed cherries, drained	1 to 2 Tbsp. butter
1 1/8 c. sugar	1 Tbsp. tapioca
1/4 c. cherry juice (from can)	1/2 tsp. red food coloring

Mix all ingredients, except butter. Let stand for 15 minutes or longer. Pour into crust. Dot with butter. Top with a latticed top or plain crust. Bake at 425°F. for 12 minutes; lower to 350° and bake for 25 to 30 minutes.

PIE PASTRY (Double crust)

**2 1/4 c. all-purpose flour
1 tsp. salt**

**1 c. shortening
5 to 6 Tbsp. iced water**

Combine ingredients, except water. Cut shortening into flour until crumbly. Add water, a tablespoon at a time. Moisten flour mixture, continuing to keep mixture crumbly, until all water has been added. If mixture is dry and difficult to form ball, add more water. Gently knead into ball and cut in two. Roll one ball at a time on floured cloth.

PIE CRUST

**3 c. all-purpose flour
1 tsp. salt**

**1 c. shortening (Crisco)
6 Tbsp. ice cold water**

Cut shortening into flour and salt mixture. Sprinkle water. Press dough into a ball. Divide into 2. Roll out on floured pastry cloth. Makes 2 (9 inch) pie crusts.

TOFU PIE

**1 box Jell-O (lemon or any flavor)
1 c. hot water
Zest of 1/2 lemon (grated lemon rind)**

**2 Tbsp. lemon juice
1/2 block soft tofu (custard)
1/2 container Lite Cool Whip**

Heat water; dissolve Jell-O. Add lemon rind while water is still hot. Cool Jell-O and chill slightly. In blender, blend 1/2 tofu until smooth; add cooled, chilled Jell-O, a little at a time until blended. Blend in 1/2 container Cool Whip for a firm pie, or more for a softer pie. Pour into one 9 inch baked pie shell. Chill until firm. Top with Cool Whip and fresh sliced fruit (kiwi, strawberries, mango, etc.)

MOCHA CREAM PIE

**3 c. marshmallows (miniature)
1/4 c. water
2 Tbsp. instant coffee**

**1 c. heavy cream, whipped
1 (9 inch) baked pastry shell**

Melt 2 cups marshmallows with water and instant coffee in a double boiler; stir until smooth. Chill until slightly thickened. Fold in whipped cream and remaining marshmallows. Pour into crust and chill until firm.

LOW CHOLESTEROL CUSTARD PIE

6 heaping tsp. powdered Lite Egg	$\frac{2}{3}$ c. powdered milk $\frac{1}{4}$ tsp. salt
$\frac{2}{3}$ c. granulated sugar	1 tsp. vanilla extract
3 $\frac{1}{2}$ c. lukewarm water $\frac{1}{4}$ tsp. lemon extract	Sprinkle of ground nutmeg

Combine powdered Lite Egg, milk, sugar, and salt in a 2 $\frac{1}{2}$ quart bowl. Gently stir, using a wire whip to blend. In another bowl, combine lukewarm water and extracts. Add liquid to dry ingredients and stir gently, using a wire whip to dissolve. *Do not whip.* Pour custard mixture into an unbaked 9 inch pie shell. Sprinkle with nutmeg. Bake in a pre-heated 425° oven for 15 minutes. Reduce to 325° and bake for another 30 minutes or until an inserted knife comes out clean. Cool for at least 1 $\frac{1}{2}$ hours before serving.

WHOLE WHEAT PIE CRUST

4 c. whole wheat flour 1 $\frac{1}{2}$ tsp. salt 3 $\frac{1}{2}$ c. all-purpose presifted flour	2 $\frac{1}{2}$ c. + 1 Tbsp. low cholesterol shortening
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Combine dry ingredients. Cut in the shortening, using a pastry blender until a mealy texture is acquired. Divide into 8 portions of about 1 $\frac{1}{4}$ cups each. Pack in sandwich Ziploc bags, being sure to take out all air. Put into a larger plastic bag and freeze till needed. Good for 3 months.

To roll out crust: Put 1 package of prepared crust in a large enough bowl. Loosen with a fork. Add 3 tablespoons lukewarm water and stir briskly with a fork until a ball is formed. Knead between your palms about 20 times. Using 3 tablespoons of white flour, roll out to fit pie pan. Roll edge and flute.

To bake a single crust: Prick with fork. Bake at 450° (Pyrex) or 425° (aluminum) for 10 to 12 minutes.

SOUR CREAM DESSERT

Crust:

2 blocks butter 4 Tbsp. powdered sugar	2 c. flour
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Cream butter and sugar. Blend in flour. Press into a 9x13 inch pan and bake at 350°F. for about 25 minutes or until brown.

Filling:

2 cans mandarin oranges
1 Tbsp. sugar
3 c. sour cream
2 boxes instant vanilla
pudding

1/2 c. juice of mandarin
oranges

Mix together and pour over cooled crust, then refrigerate. Top with a large tub of Cool Whip. Sprinkle with chopped walnuts or macadamia nuts (optional).

WIKI WIKI DESSERT

Crust:

1/2 c. butter 1 1/2 c. flour
1/4 c. sugar

Filling:

1 (8 oz.) pkg. cream cheese,
softened
1 c. milk 1 c. (8 1/4 oz.) crushed
 pineapple, drained
 1 pkg. instant vanilla pudding

Crust: Blend with pastry blender until crumbly. Press in a 9x13 inch pan. Bake at 350° until golden brown. Cool.

Filling: Blend cheese with 1/4 cup milk. Add rest of milk and pineapple. Beat in pudding - 1 minute only. Pour into cooled crust. Refrigerate.

Nobuko Abe

TRI-COLORED MOCHI

1 lb. Mochiko
2 c. sugar
1 tsp. baking powder
2 c. water

12 oz. coconut milk
1 tsp. vanilla
Red food coloring
Green food coloring

Combine mochiko, sugar, and baking powder. In another bowl, blend together water, coconut milk, and vanilla. Gradually add water mixture to the dry ingredients, using a wire whip. Remove 2 cups of the mixture and add 12 drops of green food coloring. Pour into a greased 9x12 inch pan. Cover with foil.

Bake for 15 minutes in a 350° oven. Pour 2 cups of white batter over first layer and cover. Bake for 20 minutes. Add 12 drops of red food coloring to remaining batter. Pour over white layer and cover. Bake

for 30 minutes. Cool, uncovered, overnight before cutting with a *plastic* knife. Sprinkle katakuriko (potato starch) on top while cutting.

COCOA MOCHI

2 c. mochiko (1 box)	1 Tbsp. baking soda
1 3/4 c. sugar	1 tsp. vanilla
1 large can evaporated milk	2 eggs
1 can coconut milk	3 Tbsp. Ghiradelli cocoa

Mix ingredients together. Pour into a 9x13 inch pan. Bake at 350° F. for 1 hour and 10 minutes.

POI MOCHI

1 lb. poi	1/2 c. mochiko
1 c. sugar	3/4 c. water
1 1/4 c. flour	

Mix all ingredients until well blended. Drop by teaspoonful into 375° oil. Deep-fry until golden brown.

BAKED COCONUT KANTEN

2 (10 oz.) pkg. mochiko	2 c. sugar
1 (12 oz.) can coconut milk, thawed	2 c. water
Food coloring (optional)	Kinako or katakuriko

Combine first 4 ingredients. Mix until lumps disappear. Add food coloring at this point if you wish. Tint to desired shade. Pour mixture into a greased 9x13 inch metal pan. (Do not use glass; mochi will stick.) Cover completely with foil. Crimp edges to prevent moisture from escaping during baking. Bake at 350° for about 45 to 50 minutes. Cool; cut with a plastic knife. Roll in kinako or katakuriko.

COFFEE JELLO

3 c. hot water	1 can condensed milk
4 tsp. instant coffee	4 pkg. unflavored gelatin
3 Tbsp. sugar	

Dissolve gelatin in 1 cup of water. Combine hot water, coffee, sugar, and milk. Mix gelatin into coffee mixture and refrigerate.

COFFEE GELATIN

3 egg yolks	3 Tbsp. instant coffee (any brand)
1 3/4 c. sugar	
4 1/2 c. milk	4 1/2 pkg. unflavored gelatin
8 oz. Cool Whip	

Beat and blend egg yolks and milk. Add sugar and gelatin; cook on high heat. Keep stirring constantly until small bubbles on side of pan are formed. Add instant coffee while it's hot. Turn off heat and pour in a 9x12 inch pan. Serve with Cool Whip.

COFFEE KANTEN

9 (1/4 oz.) env. Knox gelatine	4 1/4 c. hot water
1 1/4 c. water	2 (14 oz.) cans Eagle condensed milk
2 heaping Tbsp. instant coffee	1 can Tsubushi an

Pour gelatine over water to soften and set aside. Mix instant coffee into hot water, then add softened gelatine, condensed milk, and tsubushi an; mix together. Pour into a 9x13 inch pan and refrigerate. Cut into desired portions and serve.

ONO LEMON PINEAPPLE DESSERT

1 pkg. lemon Jell-O	2 doz. small marshmallows
1 1/2 c. hot water	1 pkg. unflavored gelatin
1/2 c. cold water	1 small bottle Avoset
1 can crushed pineapple, drained	

Combine lemon Jell-O, marshmallows, and hot water; mix well. Dissolve gelatin in cold water. Add to Jell-O mixture. Refrigerate until mushy. Whip Avoset. Fold Avoset and pineapple into mushy Jell-O mixture. Refrigerate.

PINEAPPLE HAUPIA

6 Tbsp. unflavored Knox gelatine	2 cans coconut milk
1 c. boiling water	2 c. milk
1 1/2 c. sugar	
1 (20 oz. or 1 lb. 4 oz.) can crushed pineapple, drained well	

Dissolve gelatine in water. In a saucepan, combine milk and sugar. Cook over low heat, stirring occasionally until sugar is dissolved. Stir in gelatine and milk. Cool to room temperature, then beat with electric mixer on low speed for 1 minute. Fold in drained pineapple. Pour immediately into a 9x13 inch pan and chill until firm (overnight). Slice and serve.

HAOLE KANTEN

3 pkg. Knox gelatine	$\frac{3}{4}$ c. water
1 pkg. orange or lemon Jell-O	1 $\frac{1}{4}$ c. sugar
2 c. boiling water	$\frac{1}{4}$ c. liliokoi juice
2 Tbsp. lemon juice	

Dissolve gelatine in $\frac{3}{4}$ cup water. Mix Jell-O and sugar with boiling water. Add dissolved gelatine. Add liliokoi juice and lemon juice. Refrigerate to set.

MANGO JELLO

1 c. pureed mango	1 large (6 oz.) pkg. orange
1/2 c. cold water	Jell-O
2 c. boiling water	1/2 c. mayonnaise
1/2 c. evaporated milk	1 c. sugar
1 Tbsp. lemon juice	
2 Tbsp. unflavored gelatin (2 pkg.)	

Soften unflavored gelatin in cold water. Pour boiling water over Jell-O in a large mixing bowl. Immediately add softened gelatin and stir until dissolved. Beat in mango puree and rest of ingredients at low speed until smooth. Pour in a 9x9 inch pan. Refrigerate.

STRAWBERRY MOUSSE

2 (6 oz.) boxes strawberry Jell-O	8 oz. cottage cheese (small curd)
1 c hot water	1/4 c. mayonnaise
1 c. cold water	1/2 c. chopped nuts (optional)
1 pt. whipping cream, Avoset, or Cool Whip	

Dissolve Jell-O in hot water; add cold water. Mix and chill until slightly thickened. Beat whipping cream until thick. Mix whipping cream, cottage cheese, mayonnaise, and nuts (optional) into Jell-O mix. Pour into a bowl or Jell-O mold and chill.

PRETZEL STRAWBERRY JELLO

Pretzels, coarsely crushed (approx. 2½ c.)	1 c. powdered sugar
¾ c. melted butter	2 env. Knox gelatine
3 Tbsp. sugar	½ c. water
1 (8 oz.) Cool Whip	3 (3 oz.) pkg. strawberry jello
1 (8 oz.) cream cheese	2 (8 oz.) pkg. frozen sliced strawberries

Mix together the crushed pretzels, melted butter, and sugar. Pat the mixture to line the bottom of a 9x13 inch pan. Bake for 8 minutes at 400°. Cool in refrigerator. Sprinkle gelatine over ½ cup water and let stand to soften. Combine Cool Whip, cream cheese, and powdered sugar. Beat together and spread evenly over the cooled pretzel crust.

Dissolve the jello in the boiling water. Add the softened gelatine and mix till dissolved. Add frozen sliced strawberries to jello mix. When strawberry jello mix thickens to egg white consistency (this process can be hastened by placing mix in refrigerator), spread evenly over the other ingredients. Refrigerate till set. Cut into squares. Serve on lettuce as a salad, or arrange in cupcake papers and serve as a dessert.

GUAVA KANTEN

2 sticks red Kanten	2 Tbsp. lemon juice
2½ c. water	Red food coloring
¼ c. sugar	
1 (12 oz.) can frozen guava juice	

Rinse kanten and squeeze to remove water. Tear kanten into small pieces and place in a saucepan. Add the 2½ cups water and soak for 30 minutes. Add sugar and bring to a boil; cook until kanten dissolves. Remove from heat; stir in guava and lemon juices and a few drops of food coloring. Strain into an 8 inch square pan. Cool and chill until firm. Cut into desired shapes. Makes 24 servings.

GUAVA JELLO

1 (3 oz.) box strawberry Jell-O	¾ c. tap water
½ c. sugar	1 (6 oz.) can guava nectar
3 pkg. Knox gelatine	base (frozen)
2 c. boiling water	

Pour boiling water on Jell-O and sugar; stir well. In another bowl, dissolve Knox gelatine. Combine hot mixture and gelatine. Stir well to

dissolve gelatine completely. Add guava nectar. Pour into a 9x9 inch pan and refrigerate to set.

FINGER JELLO

2 small pkg. jello	4 c. hot water
4 pkg. unflavored gelatin	1 c. cold water
1 c. sugar	

In a bowl, mix 1 cup cold water and 4 packages gelatin. Combine jello and sugar in a bowl. Add 4 cups hot water and mix well. Mix gelatin mixture to the jello sugar mixture. Mix well. Pour in an 8x8 inch pan. Refrigerate for several hours. Slice and serve.

ALMOND FLOAT

2 pkg. unflavored gelatin	1/3 c. sugar
1/2 c. water	2 tsp. almond extract
1 1/2 c. milk (1 large can evaporated milk, 1 part water)	Fruit (mandarin oranges, lychees, longans, melons, etc.)

Dissolve gelatin in 1/2 cup water. Heat milk and sugar; add gelatin. Stir until sugar and gelatin are completely dissolved. Cool and add almond extract. Pour into an 8x8 inch pan and refrigerate until set. Dice and add to fruit mixture.

GUAVA TORTE

1 1/2 Tbsp. unflavored gelatin	Few drops of red food coloring
1/4 c. cold water	
4 eggs, separated	1 (8 inch) sponge cake, cut into 4 (1/2 inch thick) layers
3/4 c. sugar	
1 c. frozen guava juice, thawed	1 c. heavy cream, whipped
1/4 c. lemon juice	

Soften gelatin in water; dissolve over hot water. Beat egg yolks; add 1/4 cup of the sugar and beat until yolks are thick and light in color. Add gelatin, guava juice, lemon juice, and food coloring, beating constantly. Beat egg whites and salt until soft peaks form. Gradually add the remaining 1/2 cup sugar, beating until stiff and glossy. Fold into gelatin mixture. Fold in whipped cream. Spread guava mixture between sponge cake layers and on top of torte. Chill for at least 4 hours before serving.

MANDARIN SNOW

1 pkg. instant vanilla pudding	1 can mandarin oranges,
1½ c. cold milk	drained
½ tub Cool Whip (8 oz.)	

Mix pudding and milk until thick. Fold in Cool Whip and mandarin oranges. Refrigerate until cold and serve.

DATE WALNUT PUDDING

1 can walnuts, chopped	4½ c. flour
2 pkg. dates, chopped	1½ c. sugar
1½ c. oil	3 tsp. baking soda
3 eggs	3 c. boiling water
1 tsp. vanilla	

Combine walnuts and dates. Combine 1 cup boiling water and 1 teaspoon baking soda. Pour over walnuts and dates. Repeat process 2 more times. Let mixture stand.

Combine rest of ingredients in a large bowl. Pour nuts and dates mixture into dry ingredients. Mix thoroughly. Line a square pan with wax paper. Bake at 350° for ½ hour. Cool and sprinkle lightly with sugar.

CHOCOLATE ECLAIR

2 pkg. French vanilla instant	1 (8 oz.) Cool Whip
pudding	1 box graham crackers

Line a 9x13 inch pan with graham crackers. Layer with pudding and Cool Whip mixture. Layer with graham crackers. Layer with pudding and Cool Whip mixture. Top with graham crackers. Frost with chocolate frosting. Serves 15.

Chocolate Frosting - Melt together:

2 (1 oz.) pkg. Baker's	2 Tbsp. Karo syrup
chocolate	3 Tbsp. margarine

Add 1 teaspoon vanilla and 3 tablespoons milk. Add 1 cup confectioners sugar. Cover and refrigerate.

SWEDISH KRINGLER

Crust:

1 c. flour	1/2 c. butter
1 to 2 Tbsp. water	

Puffed Layer:

1 c. water	1/2 c. margarine or butter
1 c. flour	3 eggs
1/2 tsp. almond extract	

Frosting:

1 c. powdered sugar	1 Tbsp. butter
1 Tbsp. cream	1/2 tsp. vanilla

Crust: Mix like pie crust. Divide dough into 2 parts. Pat on cookie sheet, 3 to 4 inch wide strips.

Puffed layer: Cream puff method. Boil water and butter. Add flour as you remove water from heat; mix well. Beat in 1 egg at a time. Add extract. Spread evenly on strips. Bake at 350° for 55 to 60 minutes.

Frosting: Beat all ingredients until light and fluffy. Frost cooled pastry.

SOPAIPILLAS

4 c. sifted flour	1/4 c. warm water
1 1/2 tsp. salt	1 1/4 c. scalded milk
1 tsp. baking powder	Oil
1 Tbsp. granulated sugar	Melted butter
2 Tbsp. shortening	Honey
1 pkg. dry yeast	

Combine dry ingredients and cut in shortening. Dissolve yeast in lukewarm water and add scalded milk, cooled to room temperature. Add liquid and work into dough. Knead dough 15 to 20 times. Allow it to rest for 10 minutes. Roll dough very thin and cut into 2 inch squares. Fry in hot (450° F.) oil until golden and puffed like a pillow. To eat, bite off corner and fill with melted butter and honey.

CHINESE PRETZELS

Salad oil (for deep-frying)	1/4 c. evaporated milk
1 3/4 c. cornstarch	(undiluted)
1 c. flour	1 1/4 c. water
1/2 c. sugar	1 egg, beaten
Dash of salt	

Heat oil to 400°F. In a large bowl, sift cornstarch with flour, sugar, and salt. Combine milk, water, and egg; stir into dry ingredients. Mix until smooth. Heat rosette iron in oil until hot. Dip hot iron into batter, only up to top edge of rosette; return to oil. Cook until pretzels are delicately browned, turning once. Drain on paper towels. Makes 6 dozen.

ANDAGI

4 c. flour	4 eggs
1 1/3 c. sugar	1 1/3 c. milk
4 tsp. baking powder	1 tsp. vanilla
1 tsp. salt	2 tsp. vegetable oil

Mix dry ingredients together. Beat eggs, milk, vanilla, and oil slightly. Combine dry and liquid ingredients. Mix until blended. Do not overbeat. Drop by teaspoonful into heated oil (deep-fry).

PUTO

4 c. Bisquick	2 3/4 c. fresh milk
1 to 1 1/4 c. sugar	3 eggs
1 tsp. salt	

Combine all ingredients in a large bowl. Mix until well blended, then steam for 10 minutes in a greased muffin pan or cake pan.

YOKAN

1 stick kanten, broken into pieces	1 tsp. salt
1 1/2 c. water	1 c. sugar 1 1/2 c. an (2 c. may be added)

Dissolve kanten pieces in water. Boil kanten and remove from burner 2 times. Add salt and sugar and continue cooking. Remove from heat and add an. Pour into mayonnaise-greased Pyrex dish. Cool and chill.

LAYER MANJU

5 c. flour	1 egg
1/4 c. sugar	2 cans Koshi An or Tsubushi
1/2 tsp. salt	An
1 lb. butter or margarine	3/4 c. condensed milk

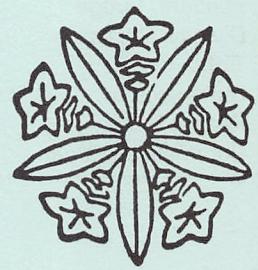
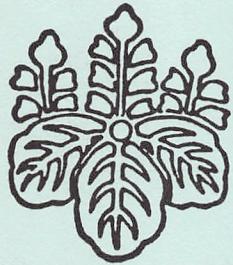
Beat egg and set aside. Cream butter. Mix dry ingredients. Alternate dry ingredients and milk. Divide dough in half and spread half in a 9x13 inch pan. Spread an on dough. Spread remaining dough on top of an. Brush egg over dough. Bake at 350° for 40 to 45 minutes or until golden brown.

PUFF RICE SQUARES

8 c. puff rice	1/4 c. peanuts (bottled)
1 1/2 blocks butter	1 1/2 c. white sugar

Warm puff rice with peanuts in oven (low heat). Melt butter and add sugar. Keep stirring until it spins a thread (color of peanut butter). Put on cookie sheet and roll with rolling pin quickly before it hardens. Cut into squares and serve.

Notes



Miscellaneous

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS

KONBU TSUKUDANI 1

1 pkg. shredded konbu	8 c. water
3 c. shoyu	$\frac{1}{3}$ c. vinegar
$\frac{1}{2}$ c. sugar	2 Tbsp. chopped or sliced
1 tsp. ajinomoto	ginger

Wash konbu and soak in water for 1 hour. Add ingredients and cool slowly till tender.

KONBU TSUKUDANI 2

2 (1.5 oz.) pkg. kiri konbu	2 Tbsp. grated ginger (optional)
2 c. water	$\frac{1}{2}$ tsp. MSG
1 Tbsp. rice vinegar	1 Tbsp. goma (optional)
$\frac{1}{4}$ c. shoyu	2 Tbsp. katsuobushi
$\frac{1}{3}$ c. raw sugar	

Wash kiri konbu and drain. Put in saucepan; add water and vinegar. Cook for 1 hour until tender. Add shoyu and sugar; cook for 1 hour more. Stir frequently to prevent sticking. Add MSG and katsuobushi.

SEAWEED TSUKUDANI

Seaweed (red)	$\frac{1}{4}$ c. brown sugar
$\frac{1}{4}$ c. katsuobushi	$\frac{1}{2}$ c. shoyu (add less according to taste)
$\frac{1}{4}$ c. water	
2 Tbsp. vinegar	1 tsp. monosodium glutamate
Irigoma (last)	

Put seaweed in colander and wash. Cook seaweed, katsuobushi, and vinegar in $\frac{1}{2}$ cup water for 20 minutes. Add brown sugar and shoyu and cook longer. Cook with low heat. Add in goma.

SENGIRI DAIKON DONBU SANBAIZUKE

5 pkg. Kiri Konbu	1 Tbsp. Katsuo Maru
4 pkg. Sengiri Daikon	Thinly sliced ginger
2 c. raw sugar	1 tsp. Shichimi Togorashi
2 c. shoyu (mild)	
$\frac{1}{2}$ c. Japan vinegar	(optional)

Soak first 2 ingredients in water for 10 minutes; drain. Combine remaining ingredients and bring to a boil over high heat. Add the konbu and daikon to mixture and cook for 15 minutes.

SENGIRI DAIKON AND KONBU

3 pkg. dried sengiri daikon	2 pkg. kiri konbu
1 c. shoyu	$\frac{3}{4}$ c. vinegar
1 c. sugar	2 tsp. aji
3 Tbsp. roasted sesame seeds	1 small chili pepper (optional)

Soak daikon and konbu in water for $\frac{1}{2}$ hour; drain.

Sauce: Boil shoyu, sugar, vinegar, and aji. Combine all with sesame seeds and pepper.

SANBAI-ZUKE 1

16 c. thinly sliced daikon	$\frac{1}{4}$ c. Hawaiian salt
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Sauce:

1½ c. raw sugar	$\frac{1}{4}$ c. Diamond shoyu
4 Tbsp. rice vinegar	$\frac{1}{4}$ c. water
1 tsp. salt	

Salt daikon overnight. Rinse 2 times. Drain; squeeze excess water. Spread out in shitame and dry in the sun for about $\frac{1}{2}$ day. Combine ingredients for sauce. Boil for 2 minutes. Pour $\frac{1}{3}$ of the hot sauce over daikon. Let stand for 1 hour. Squeeze. Pour rest of sauce over daikon. Cool and refrigerate. Ginger (optional).

PICKLED GINGER FOR SANBAIZUKE

Slice 4 cups of cleaned ginger and put in a clean jar. Mix 1 cup sugar to 1 cup vinegar plus 2 tablespoons salt. Pour over ginger in jar. Refrigerate and use as desired.

SANBAIZUKE 2

6 c. raw sugar	$\frac{1}{2}$ c. Hawaiian salt
2 c. vinegar	$\frac{1}{4}$ c. pickled ginger, stripped fine
1 c. shoyu	
1 gal. sliced daikon or daikon tops	2 red peppers, chopped (optional)

Sprinkle Hawaiian salt on daikon and let it stand overnight. Drain and squeeze daikon liquid out and put in a large pan; add ginger. Combine first 3 ingredients and boil. While it's hot, pour over daikon and mix. Pack and refrigerate. Ready to eat instantly and lasts for several months.

PICKLED VEGETABLES

3 medium cauliflower	3 c. sugar
4 cucumbers	1 c. water
3 bell peppers	$\frac{1}{3}$ c. salt
2 c. vinegar	

Soak cauliflower in salted water for 10 minutes to remove any bugs. Break into flowerettes, then slice $\frac{1}{8}$ inch thick. Cut cucumber in half, lengthwise, and slice $\frac{1}{4}$ inch thick. Cut bell peppers into fourths and slice $\frac{1}{2}$ inch thick. Boil vinegar, sugar, water, and salt; pour over vegetables. Cool and refrigerate.

BRUSH DAIKON

Use daikon for 1 gallon.

Sauce:

3½ c. white sugar	$\frac{1}{3}$ c. salt
1 c. white vinegar	

Cut daikon like a brush. Mix sauce ingredients well. Pour over daikon. Let stand overnight. Mix in between. Mix well before packing in jars and refrigerate.

TAWASHI (FLOWER) PICKLES

$\frac{2}{3}$ c. Heinz vinegar	Aji
1 c. white sugar	Chili pepper
1 Tbsp. salt	

Boil and cool. Pour over floweret daikon that has been slightly salted and squeezed.

PICKLED ONIONS

Sauce:

2 c. white sugar	$\frac{1}{3}$ c. Hawaiian salt
2 c. white vinegar	Dash of MSG
1 c. water	3 chili peppers

Boil and cool. Pour over cleaned onions. Marinate overnight. Refrigerate.

CABBAGE O-KOKO

1 (6 to 7 lb.) head cabbage or won bok	$\frac{1}{4}$ c. vinegar
$\frac{1}{4}$ c. Hawaiian salt	$\frac{1}{2}$ c. sugar 2 c. water

Slice cabbage into thick pieces and place in a large bowl. Mix remaining ingredients and pour over cabbage. Place weight and leave for two nights.

MUSTARD CABBAGE AND SENGIRI KOBO

3 mustard cabbage	2 pkg. sengiri
1 small head cabbage	

Sauce:

1 c. white sugar	Sesame seeds
1 c. shoyu	Kim Chee powder
$\frac{1}{4}$ c. vinegar	Ajinomoto
Drop of sesame oil	

Cut mustard cabbage and head cabbage; salt and let stand for a few hours or overnight, then drain and squeeze out excess water. Soak sengiri in water, then drain and squeeze out water. Mix sauce ingredients together and pour over cabbage and sengiri mix.

EGGPLANT KARASE ZUKE

1 (4 to 5 lb.) long eggplant	Salt
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Sauce:

$\frac{1}{3}$ c. shoyu	$\frac{1}{3}$ c. vinegar
$\frac{2}{3}$ c. sugar	2 Tbsp. Colman's mustard
2 Tbsp. water	

Cut eggplant into round slices about $\frac{1}{4}$ inch thick; salt slightly. Leave for about 2 to 3 hours. Rinse eggplant; squeeze water.

Sauce: Mix mustard with water. Mix with other sauce ingredients. Add sauce to eggplant.

HAWAIIAN FRUIT PUNCH

- | | |
|---------------------------------|--|
| 2 (6 oz.) cans frozen lemonade | 3 cans (46 oz.) orange juice |
| 1 (46 oz.) can fruit punch | 1 (28 oz.) bottle lemon-lime soda, chilled |
| 2 (46 oz.) cans pineapple juice | Chopped mint |

Thaw lemonade. Chill remaining ingredients. Just before serving, combine all ingredients. Makes 75 (4 ounce) servings.

CLAM CHOWDER

- | | |
|--------------------------------|----------------------------------|
| 1 can chopped clams | 1 medium round onion, diced |
| 1 can cream of mushroom soup | 1/3 cube butter |
| 1 can New England clam chowder | 1 large potato, diced |
| 1 pt. half & half milk | Instant mashed potato (optional) |

Melt butter and add onions and potato. Add clams and juice. Cook until potato is tender. Add soup and chowder; add half & half. Cook on low heat. Do *not* boil. Stir frequently. For thicker chowder, add instant mashed potato. Continue to cook and stir until smooth.

SOUTHWESTERN CHICKEN SOUP WITH CHILES AND CORN

- | | |
|---|--|
| 1 (4 to 5 lb.) stewing chicken, quartered and skinned | 1 (10 oz.) pkg. frozen corn kernels |
| 1 bay leaf | 1 (4 oz.) can diced green chiles, drained |
| 8 to 10 whole black peppercorns | 1 (10 oz.) can chickpeas, drained and rinsed |
| 1/4 c. butter or margarine | 1 (4 oz.) jar chopped pimentos, drained |
| 2 large onions, coarsely chopped | 1/4 c. chopped parsley |
| 3 celery stalks, cut in 1/2 inch pieces | 1 tsp. dried sage leaves, crumbled |
| 3 medium carrots, pared and cut in 1/2 inch pieces | 1/2 c. sliced pitted black olives |
| 2 medium cloves garlic, minced | |

In a 6 quart Dutch oven, cover chicken with 6 cups cold water. Add bay leaf, peppercorns, and 1 tablespoon salt. Bring to boiling; simmer, uncovered, for 30 minutes or until chicken is tender. Remove

and discard bay leaf and peppercorns; remove bones from chicken. Cut meat into 1 inch pieces. Return chicken to pan with broth; set aside.

In a large skillet, over medium heat, melt butter. Add onions, celery, carrots, and garlic; saute for 10 minutes or until tender. Add the onion mixture and the remaining ingredients, except olives, to chicken mixture. Bring to boiling; simmer, covered, for 30 minutes. Stir in 1 teaspoon salt and $\frac{1}{2}$ teaspoon freshly ground pepper. Pour soup into soup bowls; sprinkle a few pieces of olives in each bowl. Makes 10 to 12 servings.

DELICIOUS MANGO CHUTNEY

12 c. sliced green mangoes (Chinese mangoes preferred)	3 large cloves garlic, chopped fine
$\frac{1}{2}$ c. Hawaiian salt	1 medium size onion, sliced
$\frac{1}{2}$ c. boxed brown sugar	$\frac{1}{2}$ c. golden raisins
1 $\frac{1}{2}$ c. white vinegar	1 small hot pepper, chopped
1 $\frac{1}{2}$ c. fresh ginger, chopped fine	

Sprinkle Hawaiian salt on mangoes and let it stand overnight in refrigerator. Drain. In a large pot, put sugar and vinegar; boil and simmer for 45 minutes. Add mangoes, ginger, garlic, onion, and raisins. Simmer for 30 minutes after bringing it to a boil. Pack hot in sterilized jars.

CANDIED KUMQUAT

4 c. kumquat	1 Tbsp. baking soda
4 lemon slices	1 tsp. ginger
Syrup:	
3 c. white sugar	3 c. water
1 c. white corn syrup (Karo)	

Wash kumquat. Cover with water and sprinkle 1 tablespoon baking soda. Stir and let stand for 10 minutes. Rinse twice and drain well. Place fruit in a pot with water barely covering fruit. Bring to a boil. Lower heat and cook until tender (about 25 to 30 minutes); drain. Prepare syrup. Boil for 5 minutes. Slice lemon into thin slices. Add lemon, ginger, and syrup to kumquat. Simmer on low for 45 minutes.

PICKLED PEACHES

1 gal. green peaches
6 to 7 c. water
2 c. water
1 Tbsp. red coloring

1/2 c. Hawaiian salt
2 1/2 c. Heinz white vinegar
3 1/2 c. sugar

Wash peaches. Boil salt and first amount of water. Pour salted water over the peaches while it's hot. Put weight on for about 3 days. Wash and drain well. If peaches are still wet, blot with paper towel. Make slits on peaches for better soaking. Pour the cooled sauce over the peaches and let stand for 3 days. Drain again. Taste peach. If too sour, add more sugar to sauce before reboiling. Cool and pour over the peaches. Refrigerate.

Notes

Notes

Notes

Glossary

Aburage	deep fried soybean cake
Aji, ajinomoto	msg, monosodium glutamate
An	red bean paste
Araimo	Japanese taro; dasheen
Azuki	red beans
Chikuwa	Japanese fish cake roll
Daikon	Japanese turnip
Dashinomoto	soup stock
Gobo	burdock
Goma	sesame seeds
Hijiki	seaweed
Hoisin sauce	Chinese miso sauce
Iriko	dried small fish
Kagatsu (suribachi)	grinding bowl with grooves
Kamaboko	steamed fishcake
Kanpyo	dried gourd
Kanten	agar-agar made from seaweed
Kogai	baby clams
Konbu	dried kelp
Konnyaku	gelatinous cake made from flour of tuber root
Mirin	Japanese sweet wine
Mochiko	sweet rice flour
Miso	soybean paste
Namasu	vinegared vegetables
Nori	sheets of dried seaweed
Ogo	seaweed
Oio	bonefish used to make fishcake
Rankyo	pickled small scallions
Renkon	lotus root
Sake	rice wine
Sanbaizu	salt, sugar and vinegar sauce
Sekihan	azuki rice
Shiitake	dried mushroom
Shira-ae	vegetables with mashed tofu
Shiso	perilla; beefsteak leaves
Shoyu	soy sauce
Soba	buckwheat noodles
Somen	fine noodles
Su	vinegar
Takenoko	bamboo shoots
Tako	octopus
Warabi	fern shoots
Won bok	Chinese white cabbage
Yokan	sweetened bean paste

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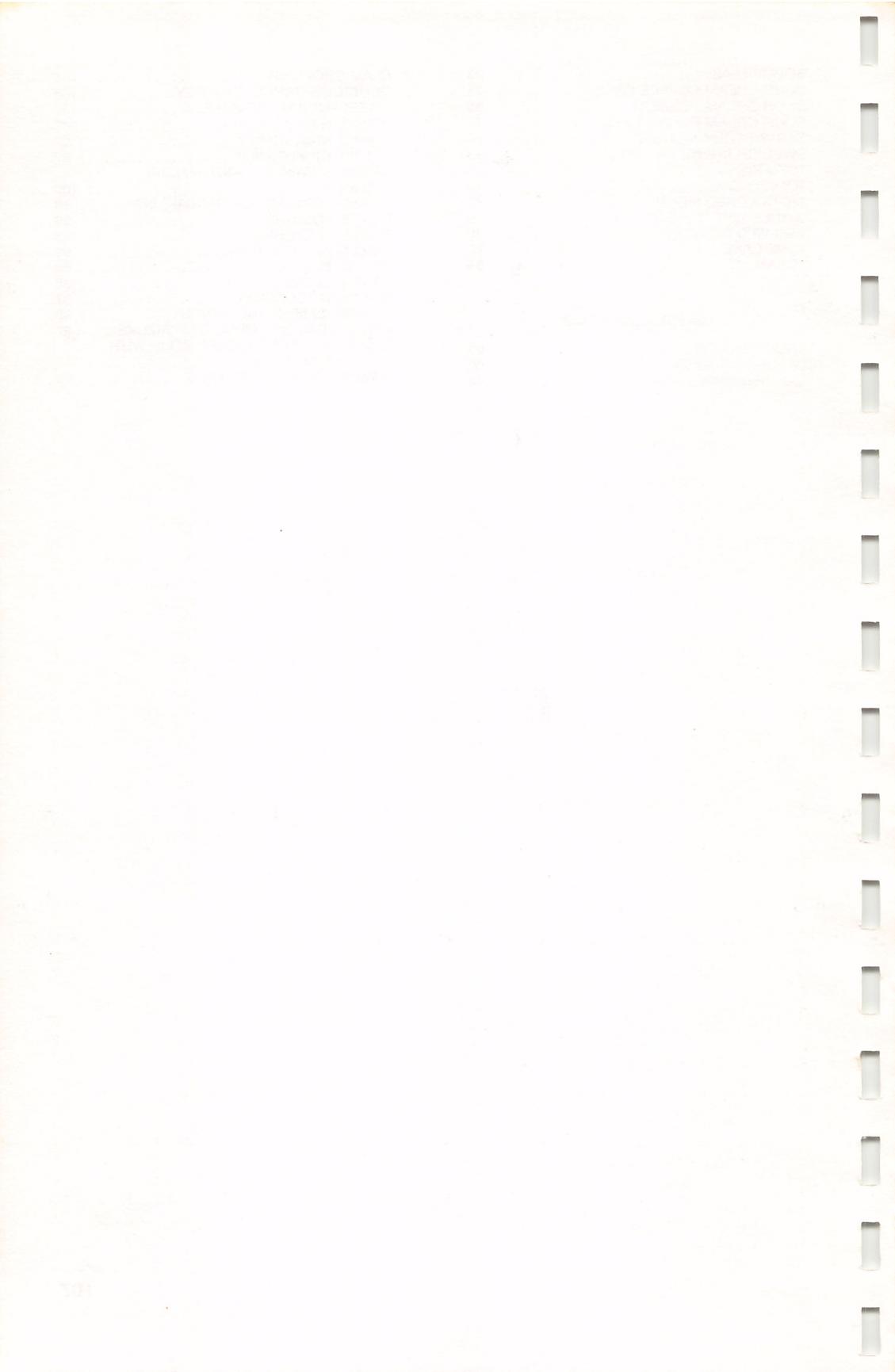
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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Re-beat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add 1/4 teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add 1/4 cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour 1/2 cup of baking soda followed by a cup of vinegar down the drain . . . let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.



CALORIE COUNTER

Almonds:		
roasted in oil, salted, 9-10 nuts	62	
Apple butter, 1 tbsp.	33	
Apple juice, canned or bottled, 1 cup	117	
Apples:		
fresh, with skin, 1 average (2½" diameter)	61	
dried, cooked, sweetened, ½ cup	157	
dried, cooked, unsweetened, ½ cup	100	
Applesauce, canned, sweetened, ½ cup	116	
Applesauce, canned, unsweetened, ½ cup	50	
Apricot nectar, canned or bottled, 1 cup	143	
Apricots:		
fresh, 3 average (12 per lb.)	55	
canned, 4 halves with 2 tbsp. heavy syrup	105	
canned, water pack, ½ cup with liquid	38	
Asparagus:		
canned, drained, cut spears, ½ cup	25	
frozen, 6 spears	23	
Avocados, 3½" diameter	185	
Bacon, fried, drained, 2 medium slices	86	
Bacon, Canadian, fried, drained, 1 slice	58	
Bagel, egg or water, 1 medium (3" diameter)	165	
Bamboo shoots, raw, cuts, ½ cup	21	
Bananas, 1 average	118	
Bean sprouts, soy, raw, ½ cup	24	
Beans, baked, canned:		
with pork and tomato sauce, ½ cup	156	
Beans, green or snap:		
fresh, boiled, drained, cuts or French style, ½ cup	16	
canned, with liquid, ½ cup	22	
Beans, lima, immature seeds:		
boiled, drained, ½ cup	95	
canned, with liquid, ½ cup	88	
Beans, pea, navy, or white, dry, cooked, ½ cup	112	
Beans, red kidney, canned, with liquid, ½ cup	115	
Beef, choice grade cuts (without bone):		
brisket, lean only, braised, 4 oz.	253	
chuck, arm, lean only, pot-roasted, 4 oz.	219	
club steak, lean only, broiled, 4 oz.	277	
flank steak, lean only, pot-roasted, 4 oz.	222	
ground, lean (10% fat), broiled, 4 oz.	248	
porterhouse steak, lean only, broiled, 4 oz.	254	
rib, lean only, roasted, 4 oz.	273	
round steak, lean only, broiled, 4 oz.	214	
rump, lean only, roasted, 4 oz.	236	
short plate, lean only, simmered, 4 oz.	253	
sirloin steak, double-bone, lean only, broiled, 4 oz.	245	
sirloin steak, round-bone, lean only, broiled, 4 oz.	235	
T-bone steak, lean only, broiled, 4 oz.	253	
Beef, corned:		
boiled, medium-fat, 4 oz.	422	
canned, lean, 4 oz.	211	
Beef and vegetable stew, canned, 4 oz.	90	
Beets:		
boiled, drained, sliced, ½ cup	33	
Blackberries:		
fresh, ½ cup	42	
canned, juice pack, ½ cup with liquid	68	
Blueberries:		
fresh, ½ cup	45	
canned, water pack, ½ cup with liquid	47	
Bologna, all meat, 4 oz.	315	
Boysenberries:		
canned, water pack, ½ cup with liquid	45	
frozen, unsweetened, ½ cup	30	
Braunschweiger (smoked liverwurst), 4 oz.	362	
Brazil nuts (3 large nuts)	90	
Bread, commercial:		
Boston brown, 1 slice	101	
cracked wheat, 1 slice, 20 per loaf	60	
French, 1 slice	44	
Italian, 1 slice	28	
pumpernickel, 1 slice	79	
raisin, 1 slice, 20 per loaf	60	
rye, light, 1 slice, 20 per loaf	56	
white, firm-crumb type, 1 slice, 20 per loaf	63	
whole wheat, firm-crumb type, 1 slice, 20 per loaf	56	
Bread stuffing, mix, mixed with butter, water, ½ cup	250	
Broccoli:		
raw, 1 large spear	32	
boiled, drained, cut spears, ½ cup	20	
Brussels sprouts boiled, drained ½ cup	28	
Butter, 1 Tbsp.	100	
Butter, whipped, 1 tbsp.	67	
Cabbage:		
red, raw, chopped or shredded, ½ cup	14	
white, raw, chopped or shredded, ½ cup	11	
Cake, mix, prepared as directed on package:		
angelfood, without icing, 3½-oz. serving	269	
coffee cake, 3½-oz. serving	322	
devil's food, with chocolate icing, 3½-oz. serving	369	
white, with chocolate icing, 3½-oz. serving	351	
yellow, with chocolate icing, 3½-oz. serving	365	
Candies, 1-oz. serving:		
almonds, chocolate-covered	161	
butter mints, after dinner (Kraft)	106	
butterscotch	112	
cherries, dark chocolate-covered (Welch's)	115	
chocolate, milk	147	
chocolate, semi-sweet	144	
coconut, chocolate-covered	124	
fudge, chocolate, with nuts	121	
gum drops	98	
jelly beans	104	
licorice (Switzer)	101	
Life Savers, all flavors except mint	111	
Life Savers, mint	108	
mints, chocolate-covered	116	
marshmallows (Campfire)	100	
peanut brittle	119	
peanut cluster, chocolate-covered (Kraft)	151	
raisins, chocolate-covered	120	
toffee, chocolate (Kraft)	111	
Cantaloupe, fresh, ½ melon, 5" diameter	58	
Carrots:		
raw, 1 average	21	
boiled, drained, diced, ½ cup	23	
Catsup, tomato, bottled, 1 tbsp.	16	
Cauliflower:		
raw, flowerbuds, sliced, ½ cup	12	
boiled, drained, flowerbuds, ½ cup	14	
Celery, raw, 1 outer stalk (8" long)	7	
Cereals:		
All-bran, 1 cup	192	
bran, 100% (Nabisco), 1 cup	150	
bran flakes, 40%, 1 cup	106	
bran flakes with raisins, 1 cup	144	
corn flakes, 1 cup	97	
corn flakes, sugar coated, 1 cup	154	
Cream of Wheat, cooked, 1 cup	133	
farina, quick-cooking, cooked, 1 cup	105	
oat flakes, (Post), 1 cup	165	
oatmeal or rolled oats, cooked, 1 cup	132	
rice, puffed, 1 cup	60	
wheat flakes, 1 cup	106	
wheat, puffed, 1 cup	54	
wheat, puffed, presweetened, 1 cup	132	
wheat, shredded, 1 biscuit (2½" x 2" x 1¼")	89	
Cheese:		
American, processed, 1 oz.	105	
blue or Roquefort type, 1 oz.	104	
brick, 1 oz.	105	
cheddar, domestic, 1 oz.	113	
cottage, creamed, small curd, ½ cup	112	

CALORIE COUNTER

cream, 1 tbsp.	52
cream, whipped, 1 tbsp.	37
Gouda, 1 oz.	108
Monterey Jack, 1 oz.	103
Mozzarella, part-skim, 1 oz.	85
Muenster, 1 oz.	100
Neufchatel (Borden's), 1 oz.	73
Old English, processed, 1 oz.	105
Parmesan, grated, 1 Tbsp.	23
pimiento, American, processed, 1 oz.	105
Provolone, 1 oz.	99
ricotta, moist, 1 oz.	45
Romanzo, 1 oz.	110
Roquefort, 1 oz.	105
Swiss, domestic, 1 oz.	104
Cheese food, American, processed, 1 oz.	92
Cherries:	
sweet, fresh, whole, 1/2 cup	41
Cherries, maraschino, bottled, 1 oz. with liquid	33
Chestnuts, fresh, 10 average	141
Chicken:	
broiled, meat only, 4 oz.	154
roasted, dark meat, 4 oz., no skin	204
roasted, light meat, 4 oz., no skin	207
Chili, with beans, canned 1/2 cup	170
Chili, without beans, canned, 1/2 cup	255
Coconut:	
dried, sweetened, shredded, 1/2 cup	258
Cod (meat only):	
broiled, with butter, fillets, 4 oz.	192
frozen, fish sticks, breaded, 5 sticks, 4 oz.	276
Coffee, prepared, plain, 1 cup	2
Coleslaw, commercial, with mayonnaise, 1/2 cup	87
Cookies, commercial:	
brownies, from mix, with nuts and water, 1 oz.	114
butter thins, 1 piece (2" diameter)	23
chocolate chip, 1 piece (2 1/4" diameter)	50
coconut bar, 1 oz.	140
fig bar, 1 average piece	50
gingersnaps, 1 piece (2" diameter)	29
graham cracker, plain, 1 piece (5" x 2 1/2")	55
ladyfinger, 1 piece	40
macaroon, 1 piece (2 3/4" diameter)	91
oatmeal with raisins, 1 piece (2 5/8" diameter)	59
peanut sandwich, 1 piece (1 3/4" diameter)	58
shortbread, 1 average piece	37
vanilla wafer, 1 piece (1 3/4" diameter)	19
Corn:	
boiled, drained on cob, 1 ear (5" x 1 3/4")	70
boiled, drained, kernels, 1/2 cup	69
canned, cream style, 1/2 cup	105
Corn chips (Fritos), 1 oz.	166
Crackers:	
bacon-flavor, 1 oz.	127
butter, round, 1 piece (1 1/2" diameter)	15
cheese, round, 1 piece (1 1/2" diameter)	17
Melba toast, white, regular, 1 piece	15
Rye-Krisp, 1 piece (1 1/8" x 3 1/2")	21
saltines, 1 piece	12
whole wheat, 1 oz.	114
Cranberry juice cocktail, canned or bottled, 1 cup	164
Cranberry sauce, canned, strained, 1/2 cup	202
Cream:	
half and half, 1/2 cup	162
sour, 1 tbsp.	26
whipping, light, 1/2 cup unwhipped	358
whipping, heavy, 1/2 cup, unwhipped	419
Cream substitute, non-dairy, dry, 1 tbsp.	33
Cucumber, with skin, 1 large (8 1/4" long)	45
Dates, domestic, 10 average	219
Duck, domestic, roasted, meat only, 4 oz.	352
Eclair, custard filled, with chocolate icing, 1 average	239
Eggnog, 8% fat (Borden's), 1/2 cup	171
Eggplant, boiled, drained, diced, 1/2 cup	19
Eggs, chicken:	
boiled or poached, 1 large egg	82
fried, with 1 tsp. butter, 1 large egg	99
scrambled, with 1 tsp. butter, 1 large egg	111
Endive, raw, 10 small leaves	5
Escarole, raw, 1 large leaf	4
Fat, vegetable shortening, 1 tbsp.	111
Figs:	
dried, 1 large fig (2" x 1")	57
Fish cakes, fried, frozen, reheated, 4 oz.	306
Flour:	
all-purpose, sifted, 1 cup	419
buckwheat, dark, sifted, 1 cup	326
cake or pastry, sifted, 1 cup	349
rye, dark, unsifted, 1 cup	419
wheat, self-rising, sifted, 1 cup	405
Frankfurters, all-meat, 1 average (10 per lb.)	133
Fruit cocktail, canned, water pack, 1/2 cup with liquid	46
Fruit, mixed, frozen, sweetened, 4 oz.	125
Gelatin dessert, flavored, prepared with water, 1/2 cup	71
Gooseberries, fresh, 1/2 cup	30
Grape drink, canned, 1 cup	135
Grape juice, canned or bottled, 1 cup	167
Grapes:	
fresh (Concord, Delaware, etc.), 10	18
fresh (Thompson seedless, etc.), 10	34
Grapefruit juice:	
canned, sweetened, 1 cup	133
canned, unsweetened, 1 cup	101
Haddock, fried, breaded fillets, 4 oz.	187
Halibut, fillets, broiled with butter, 4 oz.	194
Halibut, frozen, steak, 4 oz.	254
Halibut, smoked, 4 oz.	254
Ham:	
boiled, packaged, 4 oz. (about 4 slices)	266
fresh, medium-fat, roasted, 4 oz.	426
picnic, cured, medium-fat, roasted, 4 oz.	368
canned, cured, lean only, roasted, 4 oz.	241
canned, deviled, 4 oz.	398
Herring:	
canned, plain, 4 oz. with liquid	236
pickled, Bismark-type, 4 oz.	253
smoked, hard, 4 oz.	340
Hickory nuts, shelled, 4 oz.	763
Honey, strained or extracted, 1 tbsp.	64
Honeydew melon:	
fresh, 1 wedge (2" x 7")	49
Ice cream:	
hardened, rich, 16% fat, 1/2 cup	165
soft-serve (frozen custard), 1/2 cup	167
Ice cream bar, chocolate coated, 3-oz. bar	162
Ice cream cone, sugar 1 cone	37
Ice cream cone, waffle, 1 cone	19
Ice milk, hardened, 5.1% fat, 1/2 cup	100
Ice milk, soft-serve, 5.1% fat, 1/2 cup	133
Ice milk bar, chocolate coated, 3-oz. bar	144
Jams and preserves, all flavors, 1 tbsp.	54
Jellies, all flavors, 1 tbsp.	49
Kale:	
fresh, leaves only, 4 oz.	80
fresh, with stems, boiled, drained, 1/2 cup	16
Knockwurst, 1 link (4" x 1 1/8" diameter)	189
Kumquats, fresh, 1 average	12

CALORIE COUNTER

Lamb, retail cuts:		
chop, loin, lean only, broiled, 2.3 oz. with bone	122	
leg, lean and fat, roasted, boneless, 4 oz.	317	
shoulder, lean only, roasted, boneless, 4 oz.	233	
Leeks, raw, 3 average	52	
Lemon juice:		
fresh, 1 tbsp.	4	
Lemonade, frozen, diluted, 1 cup	107	
Lemons, fresh, 1 average (2½" diameter)	20	
Lentils, whole, cooked, 1 cup	212	
Lettuce:		
iceberg, 1 leaf (5" x 4½")	3	
romaine, 3 leaves (8" long)	5	
Limes, fresh, 1 average (2" diameter)	19	
Liverwurst, fresh, 4 oz.	348	
Lobster, cooked in shell, whole, 1 lb.	112	
Lobster, cooked or canned, meat only, cubed, ½ cup	69	
Macadamia nuts, 6 average nuts	104	
Macaroni, boiled, drained, ½ cup	96	
Macaroni and cheese, canned, ½ cup	114	
Mackerel, fresh or frozen, broiled with butter, 4 oz.	268	
Mangos, whole, 1 average (1½ per lb.)	152	
Margarine, salted or unsalted, 1 tbsp.	102	
Marmalade, citrus flavors, 1 tbsp.	51	
Milk, chocolate, canned, with skim milk, 1 cup	190	
Milk, chocolate, canned, with whole milk, 1 cup	213	
Milk, cow's:		
whole, 3.5% fat, 1 cup	159	
buttermilk, cultured, 1 cup	88	
skim, 1 cup	88	
skim, partially, 1 cup	145	
canned, condensed, sweetened, 1 cup	982	
canned, evaporated, unsweetened, 1 cup	345	
dry, whole, 1 tbsp. dry form	35	
dry, nonfat, instant, 1 envelope (3.2 oz.)	327	
Milk, malted, beverage, 1 cup	244	
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin	130	
Mushrooms, raw, sliced, chopped or diced, ½ cup	10	
Mushrooms, canned, with liquid, ½ cup	21	
Mustard greens, boiled, drained, ½ cup	16	
Nectarines, fresh, 1 average (2½" diameter)	88	
Noodles, chow-mein, canned, ½ cup	110	
Noodles, egg, cooked, ½ cup	100	
Oil, cooking or salad:		
corn, safflower, sesame or soy, 1 tbsp.	120	
olive or peanut, 1 tbsp.	119	
Olives, pickled, canned or bottled:		
green, 10 large (¾" diameter)	45	
ripe, salt-cured, Greek style, 10 extra large	89	
Onions, mature:		
raw, 1 average (2½" diameter)	40	
raw, chopped, 1 tbsp.	4	
Orange juice:		
fresh, California, Valencia, 1 cup	117	
fresh, Florida, Valencia, 1 cup	112	
canned, sweetened, 1 cup	130	
canned, unsweetened, 1 cup	120	
frozen, concentrate, unsweetened, diluted, 1 cup	112	
Oranges, fresh, 1 average	71	
Pancakes, prepared from mix as directed on package:		
plain and buttermilk, 4" diameter cake	61	
buckwheat and other flours, 4" diameter cake	54	
Papaya juice, canned, 1 cup	120	
Papayas, fresh, whole, 1 papaya (3½" x 5⅓")	119	
Peach nectar, canned, 1 cup	120	
Peaches:		
fresh, 1 average	38	
canned, in juice, 2 peach halves with 2 tbsp. juice	45	
dried, ½ cup	210	
Peanut butter, commercial, 1 tbsp.	94	
Peanuts:		
roasted, in shell, 10 nuts	105	
roasted, chopped, 1 tbsp.	52	
Pear nectar, canned, 1 cup	130	
Pears:		
fresh, Bartlett, 1 pear (2½" diameter)	100	
canned, in heavy syrup, 1 pear half and 2 tbsp. syrup	71	
dried, ½ cup	241	
Peas, green:		
boiled, drained, ½ cup	57	
Peas, split, cooked, ½ cup	115	
Pecans:		
shelled, 10 large nuts	62	
chopped, 1 tbsp.	52	
Peppers, hot, chili:		
green, raw, seeded, 4 oz.	42	
green, chili sauce, canned, ½ cup	25	
red, chili sauce, canned, ½ cup	26	
Peppers, sweet, green:		
raw, fancy grade, 1 pepper (3" diameter)	36	
Peppers, sweet, red:		
raw, fancy grade, 1 pepper (3" diameter)	51	
Perch, ocean, Atlantic, frozen, breaded, 4 oz.	382	
Perch, white, raw, meat only, 4 oz.	134	
Pickle relish:		
hamburger (Heinz), 1 tbsp.	17	
sweet, 1 tbsp.	21	
Pickles, cucumber:		
dill, 1 large (4" long)	15	
sweet gherkins, 1 small (2½" long)	22	
Pies, frozen:		
apple, baked, 3⅓" arc (⅛ of 8" pie)	173	
cherry, baked, 3⅓" arc (⅛ of 8" pie)	211	
coconut custard, baked, 3⅓" arc (⅛ of 8" pie)	187	
Pimientos, canned, drained, 1 average	10	
Pineapple:		
fresh, sliced, 1 slice (3½" diameter x ¾")	44	
canned, heavy syrup, chunks or crushed, ½ cup	95	
canned, water pack, tidbits, ½ cup with liquid	48	
Pineapple juice, canned, unsweetened, 1 cup	138	
Pistachio nuts, chopped, 1 tbsp.	53	
Plums:		
damson, fresh, whortle, 10 plums (1" diameter)	66	
canned, purple, 3 plums and 2¾ tbsp. liquid	110	
Popcorn:		
popped, plain, 1 cup	23	
popped, with oil and salt added, 1 cup	41	
Pork:		
Boston butt, lean only, roasted, 4 oz.	279	
chop, lean only, broiled, 4 oz. with bone	308	
loin, lean only, roasted, 4 oz.	288	
Potato chips, 10 chips (2" diameter)	114	
Potato sticks, ½ cup	95	
Potatoes, white:		
baked, in skin, 1 long	145	
boiled, in skin, 1 round	104	
fried, ½ cup	228	
frozen, hash brown, cooked, ½ cup	174	
mashed, with milk and butter, ½ cup	99	
Potatoes, sweet:		
baked, in skin, 1 average	161	
boiled, in skin, 1 average	172	
boiled, in skin, mashed, ½ cup	146	
candied, 1 piece (2½" long x 2")	176	
Pretzels, commercial varieties:		
rods, 1 pretzel (7½" long)	55	
twisted, 3-ring, 10 pretzels	117	
Prune juice, canned or bottled, 1 cup	197	
Prunes, dried, medium-size, 1 average	16	
Pumpkin, canned, ½ cup	41	
Radishes, raw, whole, 10 medium	8	
Raisins, seedless (½ cup)	210	

CALORIE COUNTER

Raspberries:	
black, fresh, 1/2 cup	49
red, fresh, 1/2 cup	35
canned, black, water pack, 4 oz. with liquid	58
canned, red, water pack, 1/2 cup with liquid	43
frozen, red, sweetened, 1/2 cup	123
Rhubarb, cooked, sweetened, 1/2 cup	191
Rice, cooked (hot):	
brown, long grain, 1/2 cup	116
white, long grain, 1/2 cup	112
white, parboiled, long grain, 1/2 cup	93
Rolls and buns, commercial (ready to serve):	
frankfurter or hamburger, 1.4 oz. roll	119
hard, rectangular, 7/8-oz. roll	78
raisin, 1-oz. roll	78
sweet, 1-oz. roll	89
whole wheat, 1-oz. roll	73
Salad dressings, commercial:	
blue cheese, 1 tbsp.	76
French, 1 tbsp.	66
Italian, 1 tbsp.	83
mayonnaise, 1 tbsp.	101
Roquefort cheese, 1 tbsp.	76
Russian, 1 tbsp.	74
Thousand Island, 1 tbsp.	80
Salami:	
cooked, 1 slice (4" diameter)	68
dry, 1 slice (3 1/8" diameter)	45
Salmon, smoked, 4 oz.	200
Sauces:	
barbecue, 1 tbsp.	17
soy, 1 tbsp.	12
tartar, 1 tbsp.	74
tomato, canned (Hunt's), 1/2 cup	35
Sauerkraut, canned, 1/2 cup with liquid	21
Sausages:	
polish, 2.7 oz. sausage (5 3/8" long x 1" diameter)	231
pork, cooked, 1 link (4" long x 7/8" diameter)	62
pork, cooked, 1 patty (3 7/8" diameter x 1/4")	129
pork and beef, chopped, 4 oz.	383
Vienna, canned, 1 sausage (2" long)	38
Sherbet, orange, 1/2 cup	130
Shrimp:	
fresh, breaded, fried, 4 oz.	255
canned, drained, 10 medium shrimp	37
Soft drinks:	
cola, 1 cup	96
cream soda, 1 cup	105
fruit flavored (citrus, cherry, grape, etc.), 1 cup	113
root beer, 1 cup	100
Seven-Up, 1 cup	97
Soup, canned, condensed, diluted with equal part water:	
asparagus, cream of, 1 cup	65
beans with pork, 1 cup	168
beef broth, bouillon or consomme, 1 cup	31
beef noodle, 1 cup	67
celery, cream of, 1 cup	86
chicken consomme, 1 cup	22
chicken, cream of, 1 cup	94
chicken gumbo, 1 cup	55
chicken noodle, 1 cup	62
chicken vegetable, 1 cup	76
chicken with rice, 1 cup	48
clam chowder, Manhattan type, 1 cup	81
minestrone, 1 cup	105
mushroom, cream of, 1 cup	134
onion, 1 cup	65
pea, split, 1 cup	145
tomato, 1 cup	88
vegetable beef, 1 cup	78
vegetarian vegetable, 1 cup	78
Spaghetti:	
plain, boiled 8-10 minutes, drained, 1/2 cup	96
canned, in tomato sauce with cheese, 1/2 cup	95
canned, with meatballs in tomato sauce, 1/2 cup	129
Spinach:	
boiled, drained, leaves, 1/2 cup	21
Squash, summer:	
scallop variety, boiled, drained, sliced, 1/2 cup	15
yellow, boiled, drained, sliced, 1/2 cup	14
zucchini, boiled, drained, sliced, 1/2	11
Squash, winter:	
acorn, baked, 1/2 squash (4" diameter)	86
acorn, boiled, mashed, 1/2 cup	42
butternut, baked, mashed, 1/2 cup	70
butternut, boiled, mashed, 1/2 cup	50
Strawberries:	
fresh, whole, 1/2 cup	28
canned, water pack, 1/2 cup with liquid	27
Sugar, beet or cane:	
brown, 1/2 cup firm packed	411
brown, 1 tbsp. firm packed	52
granulated, 1/2 cup	385
granulated, 1 tsp.	15
powdered, unsifted, 1/2 cup	231
powdered, stirred, 1 tbsp.	31
Sunflower seed kernels, in hull, 1/2 cup	129
Sunflower seed kernels, hulled, 1/2 cup	406
Syrups:	
chocolate, thin-type, 1 tbsp.	46
corn, light or dark, 1 tbsp.	58
maple, 1 tbsp.	50
molasses, blackstrap, 1 tbsp.	43
molasses, light, 1 tbsp.	50
molasses, medium, 1 tbsp.	46
sorghum, 1 tbsp.	53
Tangerines, fresh, 1 average (2 3/8" diameter)	39
Tomato juice, canned or bottle, 1 cup	46
Tomato juice cocktail, canned or bottled, 1 cup	51
Tomato paste, canned, 1/2 cup	108
Tomato puree, canned 1/2 cup	49
Tomatoes, ripe:	
raw, whole, 1 average (about 2 2/5" diameter)	20
canned, 1/2 cup with liquid	26
Toppings: dessert:	
butterscotch, 1 tbsp.	52
caramel, 1 tbsp.	72
chocolate fudge, 1 tbsp.	62
pineapple, 1 tbsp.	56
Tuna, canned:	
in oil, solid pack or chunk style, drained, 1/2 cup	158
in water, all styles, with liquid, 4 oz.	144
Turkey:	
dark meat, roasted, 4 oz.	230
light meat, roasted, 4 oz.	200
canned, boned, 1/2 cup	207
Turnip greens:	
fresh, boiled in small amount water, drained, 1/2 cup	15
Turnips, boiled, drained, cubed, 1/2 cup	18
Vegetable juice cocktail, canned, 1 cup	41
Vegetables, mixed, frozen, boiled, drained, 1/2 cup	58
Waffles, baked from mix:	
made with egg and milk, 1 round (7" diameter)	206
Walnuts, 10 large nuts	322
Watermelon, with rind, 1 wedge (4" x 8")	111
Wheat bran, commercially milled, 4 oz.	242
Wheat germ, toasted, 1 tbsp.	23
Yogurt, plain:	
partially skim milk, 8-oz. container	113
whole milk, 8-oz. container	140

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30¢

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Expiration Date 12/31/94

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any
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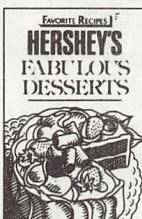
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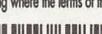


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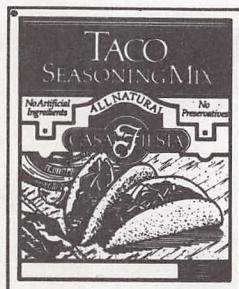
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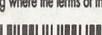


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603

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COO

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COO





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EXPIRES: 3/31/94

Save 25¢ on 2 CANS



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SAVORY POT ROAST

Prep Time: 5 min. Cook Time: 3 hr.

2 tbsp. vegetable oil

3½ to 4 lb. beef round or chuck pot roast

1 can (10¼ oz.) CAMPBELL'S® Cream of Mushroom Soup

1 pouch CAMPBELL'S® Dry Onion Quality Soup
and Recipe Mix

1¼ cups water

6 medium potatoes, quartered

6 carrots, cut into 2" pieces

2 tbsp. all-purpose flour

- In 6-qt. Dutch oven, in hot oil, brown roast. Spoon off fat.
- Add mushroom soup, onion soup mix and 1 cup water. Cover; cook over low heat 2 hr. Add vegetables. Cover; cook 45 min. or until roast and vegetables are fork-tender, stirring occasionally.
- Remove roast and vegetables. Stir together flour and remaining ¼ cup water until smooth. Gradually stir into soup mixture. Cook until mixture boils and thickens, stirring constantly. 8 servings.

25¢

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Expires December 31, 1993

SAVE 25¢

on any 12 oz.

SPAM® Luncheon Meat

25¢

10121



5 37600 21140 1

25¢

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Expires March 31, 1994

35¢

35¢

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Real Bacon PIECES**

13413

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A9086 857597



5 41196 14120 2

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Pet Light

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A9080

221245



5 46000 21054 9

15¢ OFF



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Manufacturer's coupon

Expires: December 31, 1993

109092

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35¢

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35¢



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 one box
 

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